

Native food plant list

Trees		Low-Growing	
Elderberry (American), <i>Sambucus canadensis</i>	5-12', sun-shade, medium-wet, summer blooms.	Blackberry (Allegheny), <i>Rubus allegheniensis</i>	3-6' tall, 6-12' wide, sun to shade, medium water. Has thorns.
Hazelnut, <i>Corylus americana</i>	6-12' tall, 5' wide, part-full shade, dry-moist.	Blueberry (highbush), <i>Vaccinium corymbosum</i>	6-12' sun-part shade, medium-wet, blooms May
		Currants, <i>Ribes missouriense</i> . <i>Ribes americanum</i> , others	6-12' sun-part shade, shade, dry-wet variable by species. Alternate hosts to White Pine Blister rust. Rust tends not to migrate more than 100 yards from currants/gooseberries. Kills young white pines. Mature pines need to have infected branches pruned off.
		Garlic, (Wild Onion), <i>Allium canadense</i>	1' tall, Sun, medium, Spring blooming.
		Ginger (Wild), <i>Asarum canadense</i>	3-5", part sun-shade, moist, April-June bloom. Larval host: pipeline swallowtail butterfly.
Mulberry (Red), <i>Morus rubra</i>	To 36', sun-shade, dry-moist, spring-early summer blooms. Larval host: mourning cloak. Avoid WHITE mulberry, which is non-native and invasive.	Gooseberry (Prickly), <i>Ribes cynosbati</i>	2-4', part sun, medium-dry. Gooseberries and currants (<i>Ribes spp.</i>) are alternate hosts to White Pine Blister rust. Rust tends not to migrate more than 100 yards from currants/gooseberries. Kills young white pines. Mature pines need to have infected branches pruned off. Prickles on berries.
PawPaw (Common), <i>Asimina triloba</i>	Up to 40', sun-shade, moist. more fruit with more than one tree for cross pollination. Spring bloom. Larval host: zebra swallowtail, pawpaw sphinx.	Grape: <i>Vitis riparia</i> (riverbank grape) or <i>aestivalis</i> (summer grape)	to 75', sun-shade, dry-moist, May-June blooms. Berries are often sour until after a frost, then turn more sweet-tart.
Pecan, <i>Carya illinoensis</i>	70-100' sun, moist, spring bloom. Larval host: gray hairstreak.	Ground Plum, <i>Astragalus crassicaarpus</i>	1-3', sun-shade, dry-moist, early summer. Larval Host: Afranious Duskywing (<i>Erynnis afranius</i>)
Persimmon, <i>Diospyros virginia</i>	35-60', sun-part shade, dry-medium. Beautiful tree that I saw mature in a California state park. Fall fruit. Larval host to luna moth, which alone is one reason to cultivate it.		

Plum (wild), <i>Prunus americana</i>	To 35', sun-shade, moist, spring blooms.	Leek (Wild, Ramp) <i>Allium tricoccum</i>	Up to 1', Shade, moist, Late Spring – Summer bloom. Edible: Leaves and bulbs.
Serviceberry (Allegheny), <i>Amelanchier laevis</i>	15-25' sun-shade, dry-moist. Sensitive to drought. Other Serviceberry species: Common, <i>Amelanchier arborea</i> ; Canadian, <i>Amelanchier canadensis</i>	Mint - what mint would we recommend? can be aggressive.	
Walnut (black), <i>Juglans nigra</i>	75-100', sun, medium water, May-June blooms. Black walnut roots produce chemicals called juglones which are very toxic to certain other plants such as azaleas, rhododendrons, blueberries, peonies and solanaceous crops (tomatoes, peppers, potatoes). Most of the toxicity is limited to within the drip line of the tree, but the area of toxicity typically increases outward as the tree matures.	Onion (Prairie), <i>Allium stellatum</i>	1' tall, part sun, medium. Edible: leaves and bulbs.
		Raspberry (American Red or roadside), <i>Rubus idaeus</i> or <i>Rubus aliceae</i>	Up to 6-8' tall, 6-12' wide, sun to shade, dry to moist water. Has thorns.
		<u>Raspberry (Purple Flowering) <i>Rubus odoratus</i></u>	Great Pollinator plant, but lacks the sweetness and flavor of its bramble cousins. No prickles. Prefers medium to moist, well-drained soils, tolerates a wide range of adverse conditions. Has good shade tolerance as well. The long-lived plants form broad attractive patches. We suggest situating this shrub where it has plenty of room to spread. That said, adjacent plants, pathways and lawn may effectively curtail the plants' suckering tendencies.
		<u>Strawberry (Wild) <i>Fragaria virginiana</i></u>	6" tall, sun-part shade, dry, Spring blooming. Larval host: gray hairstreak.