

# Edible and Medicinal Native Plants



## Disclaimers

Research plants by their Latin names to determine which parts of the plant are safe for consumption. Some edible plants also have sections that are poisonous or may be toxic when raw or unripe.

**This document is not intended to replace independent research.**

Only consume plants that you are 100% sure of the identification. Always seek advice from a professional before using a plant medicinally.

Preferably only collect or consume native plants that you have grown. If you practice ethical foraging, please remember to leave enough for wildlife. Wild plants are their only source of food; wildlife cannot go to grocery stores like we can.

It is illegal to collect any part of a plant from state parks.

If you are interested in ethical foraging, please research how you can use invasive plants for your benefit. Removing invasives is one of the best ways that we can support local biodiversity.

**Native Plant Company does not take responsibility for any adverse effects from the edible or medicinal use of these plants. Edible does not always mean tasty, individual palettes will differ. Research and consume at your own risk.**

## Perennials (\*Indicates Medicinal Only)

**Browne's savory**  
*Clinopodium brownei*



**Common Blue Violet**  
*Viola sororia*



**Coastal Groundcherry**  
*Physalis angustifolia*



**Purple Passionvine**  
*Passiflora incarnata*



**\*White Yarrow**  
*Achillea millefolium*



**Purple coneflower**  
*Echinacea purpurea*



**Common Purslane**  
*Portulaca oleracea*



**\*Joe Pye Weed**  
*Eutrochium purpureum*



**Wild Strawberry**  
*Fragaria virginiana*



**\*Pineland Hibiscus**  
*Hibiscus aculeatus*



**Scarlet Hibiscus**  
*Hibiscus coccineus*



**Pink Swamp Hibiscus**  
*Hibiscus grandiflorus*



**Whiteleaf Mountain Mint**  
*Pycnanthemum albescens*



**Spotted Bee Balm**  
*Monarda punctata*



**\*Prairie Coneflower**  
*Ratibida pinnata*



**\*Blackeyed Susan**  
*Rudbeckia hirta*



**\*Tropical Sage**  
*Salvia coccinea*



**\*Starry Rosinweed**  
*Silphium asteriscus*



**Sweet Goldenrod**  
*Solidago odora*



**Spiderwort**  
*Tradescantia ohiensis*



**Seashore Mallow**  
*Kosteletzkya pentacarpos*



**\*Dense Blazingstar**  
*Liatris spicata*



**Pink Ladies**  
*Oenothera speciosa*



**Frog Fruit**  
*Phyla nodiflora*



**Lyre-Leaf Sage**  
*Salvia lyrata*



**Blue Porterweed**  
*Stachytarpheta jamaicensis*



**\*New England Aster**  
*Symphotrichum novae-angliae*



**Golden Alexander**  
*Zizia aurea*



**Spurred Butterfly Pea**  
*Centrosema virginianum*



**Yellow Passionvine**  
*Passiflora lutea*



**\*Coral Honeysuckle**  
*Lonicera sempervirens*



**\*Rattlesnake Master**  
*Eryngium yuccifolium*



## Shrubs (\*Indicates Medicinal Only)

**Scarlet Calamint**  
*Calamintha coccinea*



**Georgia Savory Hybrid**  
*Calamintha sp.*



**American Beautyberry**  
*Callicarpa americana*



**False Rosemary**  
*Conradina canescens*



**Largeflower False Rosemary**  
*Conradina grandiflora*



**Inkberry**  
*Ilex glabra*



**Yaupon Holly**  
*Ilex Vomitoria*



**Winged Sumac**  
*Rhus copallinum*



**American Elderberry**  
*Sambucus canadensis*



**Saw Palmetto**  
*Serenoa repens*



**Elliott's Blueberry**  
*Vaccinium elliotii*



**Rabbiteye Blueberry**  
*Vaccinium ashei*



**Highbush Blueberry**  
*Vaccinium corymbosum*



**Darrow's Blueberry**  
*Vaccinium darrowii*



**Red Chokeberry**  
*Aronia arbutifolia*



### Trees (\*Indicates Medicinal Only)

**Red Maple**  
*Acer rubrum*



**PawPaw**  
*Asimina triloba*



**Possumhaw Viburnum**  
*Viburnum nudum*



**American Beech**  
*Fagus Grandifolia*



**Chickasaw Plum**  
*Prunus angustifolia*



**American Persimmon**  
*Diospyros virginiana*



**Sand Live Oak**  
*Quercus geminata*



**Myrtle Oak**  
*Quercus myrtifolia*



**White Oak**  
*Quercus alba*



**Eastern Redcedar**  
*Juniperus virginiana*



**Sand Pine**  
*Pinus clausa*



**Green Ash**  
*Fraxinus pennsylvanica*



**Pignut Hickory**  
*Carya glabra*



**Red Mulberry**  
*Morus rubra*



**Post Oak**  
*Quercus stellata*



**River Birch**  
*Betula nigra*



**Sparkleberry**  
*Vaccinium arboreum*



**Dahoon Holly**  
*Ilex cassine*



**Redbud**  
*Cercis canadensis*



**Chinquapin**  
*Castanea pumila*



**Black Gum**  
*Nyssa sylvatica*



**Black Cherry**  
*Prunus serotina*



**Flatwoods Plum**  
*Prunus umbellata*



**Longleaf Pine**  
*Pinus palustris*

