

The Tastiest Plants in New England

Top Fruits

Serviceberry (*Amelanchier* spp.)
Pawpaw (*Asimina triloba*)
Persimmon (*Diospyros virginiana*)
Wild strawberry (*Fragaria* spp.)
Mulberry (*Morus rubra*)
Black cherry (*Prunus serotina*)
Red raspberry (*Rubus ideas*)
Blueberries (*Vaccinium* spp.)
Fox grape (*Vitis labrusca*)

Top Greens

Ramps (*Allium tricoccum*)
Milkweed (*Asclepias syriaca*)
Fiddlehead fern (*Matteuccia struthiopteris*)
Solomon's seal (*Polygonatum biflorum*)
Cattail (*Typha latifolia*)
Stinging nettles (*Urtica dioica*)

Top Roots

Hog peanut (*Amphicarpaea bracteata*)
Groundnut (*Apios americana*)

Wild onion (*Allium canadense* and
A. cernuum)

Jerusalem artichoke (*Helianthus tuberosus*)

Top Nuts

Shagbark hickory (*Carya ovata*)
Hazelnut (*Corylus americana*)
Black walnut (*Juglans nigra*)
White oak (*Quercus alba* and
bicolor)

Top Teas

Anise hyssop (*Agastache foeniculum*)
Sweet birch (*Betula alleghaniensis* and *lenta*)
Bee balm (*Monarda didyma*
and *fistulosa*)
Staghorn sumac (*Rhus hirta*)
Sassafras (*Sassafras albidum*)

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