Enhancing the Edibility of New England’s Landscapes with Native Species

• There has been a burgeoning interest in recent years in restoring native plants to our gardens, yards and landscapes (e.g., as evidenced by the 2010 formation of the group Grow Native Massachusetts).

• This movement got a major boost several years ago from the publication of the book Bringing Nature Home: How Native Plants Sustain Wildlife in our Gardens.

• In Bringing Nature Home, author and University of Delaware Entomology Professor Doug Tallamy makes a compelling case for the key role that native plant species play in supporting our native species of wildlife, particularly insects (such as butterflies and moths), which (in addition to their intrinsic value) serve as a major source of nourishment for nestling birds.

Hometown Habitat, a documentary film that extols the virtues of native plants, and features Tallamy, was released in the spring of 2016.
Volunteers planting native plant species along the banks of the Housatonic River just east of downtown Great Barrington, MA as part of the River Walk community project
A few examples of outreach materials intended to promote and facilitate the planting of native species --

Recommended Native Species for Planting in Lexington, MA

National Wildlife Federation’s Community Wildlife Habitat Program

Mass. Coastal Zone Management’s Coastal Landscaping with Native Species

Native Plant Site Solutions for Backyard Habitat

A how-to guide for designers and homeowners interested in enhancing wildlife habitat value in urban and suburban areas
Excerpt from *Rhode Island Coastal Plant Guide* - while extremely informative and user-friendly, note the lack of an “edible by humans” column.
The RI Native Plant Guide (http://web.uri.edu/rinativeplants) now does include information on each species' edibility (see the "ED" column below), and the list is sortable by category (i.e., the image below is the beginning of an alphabetical listing of all the edible plants in the database.) Also note the related "Rhody Native" program, which informs people about local nurseries where many of these plants are ethically propagated, and are available for purchase.
Take-home message from this talk: the “you can eat it too” attribute of many native species offers a powerful incentive for people and organizations to “go native” in their landscaping, that were insufficiently swayed to do so by the ecological rationale alone.

Low-bush Blueberries, *Vaccinium angustifolium*

Beach Plums, *Prunus maritima*
What this presentation is about:

• Extolling the edibility of many of the plant species native to the Northeast, some of which you might want to consider adding to your properties if they aren’t already there (NOTE, however, the Precaution on a subsequent slide)

• Expounding on the premise that enabling people to connect to nature via their taste buds helps strengthen their support for land conservation, and that owners/managers of parks, open spaces and other conserved lands might consider edible native species as an opportunity to “spice up” (literally as well as figuratively) their properties and make them more attractive to people as well as wildlife

• Learning that many native species edible by people are directly /indirectly edible/useable by wildlife too, and so planting them enhances wildlife habitat and biodiversity as well as people's enjoyment of open spaces

• In other words, we can have our acorn cake and eat it too
• The places to plant natives I'm focusing on in this talk: parks and open space lands where the natural plant communities have been significantly disrupted and native species diversity reduced through past and/or current human activity (e.g., farming, mowing, land clearing)

Precaution regarding introducing new plants to conserved lands

• If you know or suspect that the property in question contains rare species and/or a relatively pristine and intact native plant community, do not add new plants or seeds to those sensitive, ecologically significant sites

That said --

• If you are restoring a disturbed plant community (through, e.g., the removal of invasive plants), it is OK to reintroduce members of that plant community that are missing, or to enhance the numbers of plants of species that are already there (wintergreen and partridgeberry, e.g.)

• It's also OK to introduce native plants to other highly-disturbed, human-influenced sites, such as plantings in gardens and around buildings, parking lots, farms or playing fields

Precaution regarding picking edible plants on conserved properties

• Importance of respecting applicable policies and regulations (“no collecting” policy at Audubon sanctuaries, e.g.)

• Importance of foraging in an environmentally-responsible manner (fruits vs. roots)
You may want to consult appropriate reference works to determine which plant species are deemed to be native to your area. See, e.g., *The Vascular Plants of Massachusetts: A County Checklist, First Revision* (2011) (a.k.a., the “yellow book”). Below is an example of what the info inside the yellow book looks like (the two-letter abbreviations stand for the county names).

![Example from the yellow book]

See also the MA Natural Heritage Program’s info on [Natural Plant Communities](#).

Documents like this exist for other states, so it is advisable to consult them as well to be informed about which plant species are considered to be native to which locations (counties, states, regions).
Two other resources helpful in figuring out which species are/are not native to your region:

- the "Go Botany" website (http://gobotany.newenglandwild.org), set up and maintained by the New England Wild Flower Society (NEWFS); and

- the book Flora Novae Angliae, by NEWFS research botanist Arthur Haines.
Click [here](http://users.rcn.com/edwilfl/index.htm) to download *Edible Wild Plants Native to the Northeast U.S. and E. Canada*, a recently updated compilation of >150 species, that originally accompanied my Native Edible Plants presentation at the 2013 Ecological Landscape Alliance Conference. Below is a sample of the info contained in that document.

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Botanical Name</th>
<th>Native to MA</th>
<th>Type of plant</th>
<th>Preferred habitat</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Elder</td>
<td><em>Acer negundo</em></td>
<td>Yes</td>
<td>small to medium tree</td>
<td>wetlands and other damp areas; floodplains</td>
<td>a species of Maple; sap may be tapped + boiled down for syrup</td>
</tr>
<tr>
<td>Maple, Red</td>
<td><em>Acer rubrum</em></td>
<td>Yes</td>
<td>medium to large tree</td>
<td>red maple swamps (of course)</td>
<td>can be tapped for sap like Sugar Maple</td>
</tr>
<tr>
<td>Maple, Silver</td>
<td><em>Acer saccharinum</em></td>
<td>Yes</td>
<td>medium to large tree</td>
<td>forested floodplains and other wet ground</td>
<td>can be tapped for sap like Sugar Maple; seeds are edible raw</td>
</tr>
<tr>
<td>Maple, Sugar</td>
<td><em>Acer saccharum</em></td>
<td>Yes</td>
<td>medium to large tree</td>
<td>hardwood forests; roadsides</td>
<td>sap is source of maple syrup and sugar</td>
</tr>
<tr>
<td>Sweet Flag (Calamus)</td>
<td><em>Acorus americanus</em></td>
<td>Yes</td>
<td>herbaceous perennial</td>
<td>wet fields and meadows; sunny wetlands; along waterways</td>
<td>the similarly-appearing <em>A. calamus</em> is apparently non-native to MA</td>
</tr>
<tr>
<td>Wild Leek (Ramps)</td>
<td><em>Allium tricoccum</em></td>
<td>Yes</td>
<td>herbaceous perennial</td>
<td>rich, mesic woods, such as those pref. by maidenhair fern + Dutchman’s breeches</td>
<td>over-collecting by commercial diggers is harming ramps + habitat – pick 1 leaf/plant only</td>
</tr>
<tr>
<td>Juneberry/Shadbush</td>
<td><em>Amelanchier spp.</em></td>
<td>Yes</td>
<td>Shrub/small tree</td>
<td>likes to grow near water, but often planted in parks and other landscaped areas</td>
<td>fruit ripe in late June; flavor is a cross between cherries and almonds</td>
</tr>
<tr>
<td>Hog Peanut</td>
<td><em>Amphicarpoea bracteata</em></td>
<td>Yes</td>
<td>herbaceous perennial vine</td>
<td>damp spots in woods w/ some sun; often on old woods roads</td>
<td>small subterranean seeds are available from late summer onward; tiny peas may be edible too</td>
</tr>
<tr>
<td>Angelica</td>
<td><em>Angelica atropurpurea</em></td>
<td>Yes</td>
<td>herbaceous perennial to 6 ft - large spherical flower cluster</td>
<td>wet ground along rivers and streams, in full or partial sun</td>
<td>tender, emerging leaves are edible raw or cooked, young, boiled stems are sometimes candied</td>
</tr>
<tr>
<td>Seacoast Angelica</td>
<td><em>Angelica lucida</em></td>
<td>Yes</td>
<td>herbaceous perennial</td>
<td>rocky areas near the ocean</td>
<td>tender, emerging leaves are edible raw or cooked</td>
</tr>
</tbody>
</table>

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Angélica atropurpurea
Angélica

Apios americana
Groundnut

Arctostaphylos uva-ursi
Bearberry

Amelanchier spp.
Juneberry/Shadbush

Aronia melanocarpa
Black Chokeberry

Asclepias syriaca
Common Milkweed

*Caltha palustris
Marsh Marigold

Carya ovata
Shagbark Hickory

Celtis occidentalis
Hackberry

Chamerion angustifolium
Fireweed

Corylus americana
Common Hazelnut

*Fragaria virginiana
Wild Strawberry

Hibiscus moscheutos
Swamp Rose Mallow

Gaultheria procumbens
Wintergreen

Juglans cinerea
Butternut

Juglans nigra
Black Walnut

Lactuca canadensis
Wild Lettuce

Lathyrus japonicus
Beach Pea

Ligusticum scoticum
Scotch Lovage

Lindera benzoin
Spicebush

Maianthemum racemosum
False Solomon's Seal

Maianthemum stellatum
Starry False Solomon's Seal

*seed obtained from others
Seeds of Edible Native species I have collected as of February 10, 2017:
(species I have successfully propagated plants from seed are in gold type)

<table>
<thead>
<tr>
<th>Species</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medeola virginiana</td>
<td>*American Indian Cucumber</td>
</tr>
<tr>
<td>*Monarda fistulosa</td>
<td></td>
</tr>
<tr>
<td>Nyssa sylvatica</td>
<td></td>
</tr>
<tr>
<td>Osmorhiza longistylis</td>
<td></td>
</tr>
<tr>
<td>Phytolacca americana</td>
<td></td>
</tr>
<tr>
<td>Prunus maritima</td>
<td></td>
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<tr>
<td>Prunus virginiana</td>
<td></td>
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<tr>
<td>Quercus alba</td>
<td></td>
</tr>
<tr>
<td>Rhus copallinum</td>
<td></td>
</tr>
<tr>
<td>Rhus typhina</td>
<td></td>
</tr>
<tr>
<td>Sambucus nigra</td>
<td></td>
</tr>
<tr>
<td>Smilax herbacea</td>
<td></td>
</tr>
<tr>
<td>Solidago odora</td>
<td></td>
</tr>
<tr>
<td>Vaccinium macrocarpon</td>
<td></td>
</tr>
<tr>
<td>Vaccinium vitis-idaea</td>
<td></td>
</tr>
<tr>
<td>Viburnum edule</td>
<td></td>
</tr>
<tr>
<td>Viburnum lentago</td>
<td></td>
</tr>
<tr>
<td>Viburnum nudum</td>
<td></td>
</tr>
<tr>
<td>Vitis labrusca</td>
<td></td>
</tr>
<tr>
<td>Vitis riparia</td>
<td></td>
</tr>
<tr>
<td>Indian Cucumber</td>
<td></td>
</tr>
<tr>
<td>Wild Bergamot</td>
<td></td>
</tr>
<tr>
<td>Tupelo/Black Gum</td>
<td></td>
</tr>
<tr>
<td>Sweet Cicely</td>
<td></td>
</tr>
<tr>
<td>Pokeweed</td>
<td></td>
</tr>
<tr>
<td>Beach Plum</td>
<td></td>
</tr>
<tr>
<td>Choke Cherry</td>
<td></td>
</tr>
<tr>
<td>White Oak</td>
<td></td>
</tr>
<tr>
<td>Winged/Shining Sumac</td>
<td></td>
</tr>
<tr>
<td>Staghorn Sumac</td>
<td></td>
</tr>
<tr>
<td>Black Elderberry</td>
<td></td>
</tr>
<tr>
<td>Carrion Flower</td>
<td></td>
</tr>
<tr>
<td>Sweet Goldenrod</td>
<td></td>
</tr>
<tr>
<td>Bog Cranberry</td>
<td></td>
</tr>
<tr>
<td>Mountain Cranberry</td>
<td></td>
</tr>
<tr>
<td>Squashberry</td>
<td></td>
</tr>
<tr>
<td>Nannyberry</td>
<td></td>
</tr>
<tr>
<td>Wild Raisin</td>
<td></td>
</tr>
<tr>
<td>Fox Grape</td>
<td></td>
</tr>
<tr>
<td>Riverside Grape</td>
<td></td>
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</tbody>
</table>

So far, since I began my “Johnny Appleseed for edible natives” initiative in the summer of 2015, I have collected the seed of 39 species, and successfully propagated 18 species from seed.

One of the main reasons I have not successfully propagated more than 18 species from seed is that it is simply too early to tell; many of the woodland species go through a “double dormancy”, and their seed does not germinate until more than a year after sowing.
A couple of peeks inside the stratification fridge in our basement, where I store seeds that need a prolonged cold period in order to break their dormancy. I check the contents periodically to look for seeds that have “woken up” (more about that later).
View of a section of the nursery I have established to grow edible native plants I have propagated from seed (see, e.g., the Beach Plum seedlings in the milk cartons) as well as plants I have obtained from elsewhere, such as from the New England Wild Flower Society.

The following slides cover some of the 150+ species of edible plants native to New England for which I have been collecting seed, for propagation by myself or sharing with others, and then partnering with others to add to their properties.
Groundnut (*Apios americana*), a tuber-bearing member of the Pea Family (*Fabaceae*)
Groundnut tubers (see below) are harvestable and edible year-round. One fun and easy way to cook/eat Groundnuts is to slice the tubers thinly crosswise and then pan fry in oil until golden to make Groundnut Chips.
Groundnut (*Apios americana*) - ripe seedpods (see right) collected in Leominster, MA. This species can be propagated by seed or from the tubers.
Carrion Flower (Smilax herbacea) - fruits/seed collected in Ipswich, MA

Carrion Flower shoots at the right stage for eating, in the spring
Steamed Carrion Flower shoots, ready to be folded into an omelet
Juneberry/Shadbush/Serviceberry, *Amelanchier* spp. - an early-blossoming tree (a week or two before apples/crabapples) - flowering time is also a good time to spot (and remember) the trees for later fruit-picking opportunities.
Juneberry (Shadbush/Serviceberry) - *Amelanchier canadensis* and other species - fruit is purple when ripe and tastes like a cross between a cherry and an almond.
One of the fun (and yummy) items to make from Juneberries, Beach Plums and other wild fruit - strudel
Juneberry (*Amelanchier* spp.) seed, obtained via the “extraction by mouth” method (i.e., I ate the sweet pulp surrounding the seeds), after collecting the ripe fruit the last week of June.

Following this process, the seeds were stored in small plastic bags, mixed with a little moist vermiculite, and then placed in my stratification fridge. At least half of the seed “woke up” (i.e., radicles emerged) in January, though, so I had to sow those seeds right away. As of early February, the first true leaves had emerged.
Wild Strawberry (*Fragaria virginiana*) - while the berries are small, they are exceptionally tasty. The leaves (when fresh or thoroughly dried) can be used for tea. While wild strawberry plants can tolerate some shade, the fruit production will be better in sunny, grassy areas. This species certainly has great potential for adding to many home and other landscapes, including (natural) lawns.

Wild strawberries propagate easily from seed, sown indoors or outdoors.
On 3/31/16, I brought the seeds of Wild Strawberry and several other edible native species to Miss Hall’s School in Pittsfield, MA, and worked with Greenhouse manager Marian Rutledge and her students to sow them (into used produce containers, such as the one at right). The Wild Strawberries germinated and grew well, and the plants were big enough for the students to sell them at their May plant sale. Marian says the plants were a “bit hit” with their customers.
Wild Bergamot or Bee-Balm (*Monarda fistulosa*) – A savory-flavored (sage or thyme-like) native wild mint, popular with bees and other pollinators. Like most mints, this species can spread assertively, a desirable trait when you are reclaiming a site from invasive species. This species also grows readily from seed.
Sweet Goldenrod (*Solidago odora*) - the leaves and flowers have a licorice-like flavor. This is one of the native species the American Colonists made tea from when they were boycotting the British tea during the Revolutionary War era.
Sweet Goldenrod (*Solidago odora*) grows readily from seed; no stratification is required. Here I have just transplanted baby *S. odora* plants that self-sowed in the summer, from a plug I obtained and potted up from the New England Wild Flower Society.
Spicebush (*Lindera benzoin*) - yet another of the “Revolutionary tea” plants - the dried berries make a fine Black or Szechuan Pepper-like substitute

- Migrating birds like these high-energy berries, though, so be sure to leave some on the plant
- Spicebush likes to grow as an understory plant in hardwood forests, often near streams

As Spicebush is dioecious (male and female flowers are borne on separate plants), make sure you plant at least one female if you want to get berries
Spicebush (along with Sassafras) also serves a host plant for the cool-looking *Spicebush Swallowtail* caterpillar (i.e., another reason why you might want to consider adding this species to your property if it isn't already there)
Beach Plum  -  *Prunus maritima*
Beach Plum -
Prunus maritima
Beach Plums, gathered many miles inland from the ocean
Beach Plum (*Prunus maritima*) - the yellow-fleshed variety - collected in Dennis, MA, September, 2015
Some of the Beach Plum pits I had stored in my stratification fridge since having collecting them in September, 2015 "woke up" (i.e., the radicles emerged) in February, so I had to sow them right away. Here they are, about a month later, growing up on a window sill in my basement.
One of the places where Beach Plums I propagated from seed were planted: Bassing Beach, Scituate MA, a barrier beach owned by the Cohasset Conservation Trust. Here I am with volunteers from the Trust, just after a lobster boat had ferried us, the beach plums and other edible native species out to the island.
Wild Raisin (*Viburnum cassinoides*) - can tolerate drier, rockier soils (still likes sun) - produces pretty clusters of edible fruit (ripe when purple)
Nannyberry (*Viburnum lentago*) - a shrub that likes damp, meadowy areas - the fruit ripens in September and resembles stewed prunes in flavor and texture.
Hobblebush or Moosewood (Viburnum alnifolium, aka V. lantanoides) - a common understory plant in cool, northern hardwood forests - pretty spring flowers, and fruit with prune, clove-spiced flavor ripe (when black) in late summer.
... and Hobblebush leaves can put on quite a colorful show in the fall
Squashberry (Viburnum edule), collected in Hartland, VT in Oct. 2015 - made a very yummy sauce (with sugar added, of course) - seeds saved for propagating
Staghorn Sumac - *Rhus typhina*

All red-berried Sumacs native to New England are edible - that includes Smooth Sumac, *Rhus glabra*, and Winged (aka Shining) Sumac, *Rhus copallinum*. 
Ripe Staghorn Sumac berry clusters, ready to be made into Sumacade
To make Sumacade:
(1) Place berry clusters in a bowl;
(2) Add 1-2 quarts lukewarm or colder water;
(3) Knead /rub the berry clusters in the water for 4-5 minutes (see how the water takes on a pinkish-orange color);
(4) remove and discard the spent berries;
(5) pour the liquid through a paper towel or equivalent filter; and
(6) Serve the Sumacade hot or cold, sweetened or unsweetened (I usually serve it cold and sweetened, like lemonade).
Sumacade (aka “Rhus Juice” or Indian Lemonade).

Staghorn Sumac propagates easily from seed – perhaps too easily. About six years ago, I made the mistake of putting some spent *R. typhina* berries in my compost pile. I am still getting sumac plants sprouting from that seed in my raised beds where I use my “finished” compost. So now I just pot those Sumac babies up, and grow them out for planting elsewhere.
Staghorn Sumac produces brilliant autumn plumage
Wild Grapes - Riverside and Fox (Concord) Grape, *Vitis riparia* and *V. labrusca*

This photo is of a **Fox Grape** vine laden with ripe fruit, which are often first detected by smell.
A basket of Fox Grapes, *Vitis labrusca*
Wild Grape Cheesecake with a Wild Hazelnut Crust and a Wild Grape Glaze
Riverside Grape (*Vitis riparia*) leaves (note smooth, green undersides) at the right stage for stuffing
Stuffed Riverside Grape Leaves
Hackberry (*Celtis occidentalis*) - collected in Hingham, MA

Starry False Solomon’s Seal (*Maianthemum stellatum*) - collected in Ipswich, MA
Common Hazelnut (*Corylus americanus*) flowers, husks and nuts
While Hazelnuts (*C. americana* or *cornuta*) readily grow from seed, the nuts are “hydrophilic”, meaning they will lose their viability if allowed to dry out. They should be sown outdoors soon after collecting, or may be cold moist stratified for up to a year, or possibly longer, and then sown in the spring. Do not forget to protect sown nuts from rodents. I use a half-inch mesh metal hardware cloth for this purpose; the sprouts can grow through the mesh. Leave the mesh on until the nut has been completely used up by the developing tree.
Oaks/Acorns (*Quercus alba* and other spp.) - note the rounded lobes on the White Oak leaves on the left, versus the pointy lobes of the other oak leaf, which produces more bitter acorns due to higher tannic acid levels.
White Oak (Quercus alba) acorns start sprouting soon after falling off the trees in late September, so they can't be stored in a stratification fridge for longer than a month without their radicles rotting. So better to sow them soon after collecting them in the fall, and protect the sown nuts from rodents and other critters.
Shagbark Hickory - *Carya ovata*
A basketful of freshly-gathered Shagbark Hickory Nuts, some still in their husks, and one still attached to the tree (see photo at right) — and a close-up (below), showing the four-parted husks, the de-husked shells, and a pair of nut meat halves extracted from a shelled nut (note the penny for scale).
Maple Hickory Nut Pie
Examples of three cookie recipes utilizing Shagbark Hickory Nuts:

Thumbprint Cookies, filled with Wild Fruit Jelly (left)
Hickory Nut Wafer Cookies (center)
Triple Maple Hickory Nut Sandwich Cookies (right)
While Shagbark Hickory readily grows from seed (I have been getting about an 80% germination rate on the nuts I have planted), the nuts are “hydrophilic”, meaning they will lose their viability if allowed to dry out. They should be sown outdoors soon after collecting, or may be cold moist stratified for up to a year, or possibly longer, and then sown in the spring. Do not forget to protect sown nuts from rodents. I use a half-inch mesh metal hardware cloth for this purpose; the sprouts can grow through the mesh (see below). Leave the mesh on until the nut has been completely used up by the developing tree.

I sow *C. ovata* nuts in 14”-deep “Treepots”, to accommodate the species’ notoriously-long taproots. Four of these otherwise very tippy Treepots fit very snugly into a standard milk crate.

*C. Ovata* nuts begin to sprout within a week after being moved from cold to warm moist stratification.
I have also passed along many *C. ovata* nuts to others for them to propagate into trees. In the photo below, Keene State (NH) greenhouse manager Katie Featherston shows off Shagbark Hickory tree seedlings she grew from nuts I supplied her. Some of these trees were later deployed (along with many other edible native species supplied by Katie and myself) to revegetate a site along Falls Brook in Swanzey, NH following a culvert replacement project (see next slide).
"As Planted" Schematic for the Falls Brook Culvert Replacement Project, Swanzey, NH, October 3, 2016, listing and showing the location of the edible native species used in the revegetation of the project area post-construction.
A list of where I have been planting edible native plants at various sites in New England over the past year:

- Planted Beach Plums on Crowninshield Island, Marblehead, MA
- Planted a variety of edible native species on Bakers Island, Salem, MA
- Planted beach plums, persimmons and shagbark hickories at a new paddler access campsite on the Connecticut River in Whately, MA
- Planted a variety of edible native species at Graylag Ccabin's, Pittsfield, NH
- Planted a variety of edible native species in conjunction with the Falls Brook culvert replacement project, Swanzey, NH
- Planted Beach Plums, Sweet Goldenrod, Wild Strawberry, Rose Mallow and Milkweed at Bassing Beach in Scituate, MA
- Planted 10 species of edible natives at the Mill Pond Conservation Area in Westport, MA
- Planted a variety of native edible plants at Strawberry Hill, Ipswich, MA; and
- Planted a variety of edible native plants at the Acton Arboretum, Acton, MA
Planting Beach Plums on Crowninshield (aka Brown’s) Island, Marblehead, MA, a 10-acre island owned by The Trustees of Reservations (TTOR). The numbers indicate the approximate location of where the plums were eventually planted.
A reconnaissance trip to the island on 8/28/15 revealed several locations which appeared to be suitable habitat for Beach Plums.
After getting the OK from TTOR, I purchased fourteen local ecotype, wild-seed-propagated Beach Plum plants from the New England Wild Flower Society, then headed out to the island on November 10 to locate and pre-dig the holes into which the Beach Plums will be planted.
Volunteer Jonathan Gawrys (of SumCo Engineering of Salem, MA) carting out some of the fourteen Beach Plum bushes over to Crowninshield Island across the mud flat at low tide on November 18
Volunteers from the Marblehead Conservancy planting the Beach Plums, and trimming back invasive buckthorn and bittersweet to help make room for them.
I helped to initiate and implement eight other similar edible native species planting projects by the end of 2016, and anticipate undertaking a similar number in 2017, as well as checking on the plantings at the previous projects.
The End

-- Questions? --
More information on Russ’ wild edibles programs, recipes, book/articles, etc.: http://users.rcn.com/eatwild/sched.htm

Russ Cohen
(781) 646-7489 (h)
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“Encore” slide

(1) “Man vs. Wild”/Wolfeboro NH story
7-11 STORE
GAS - FOOD - DRINKS
OPEN 24 HRS. PAY PHONE
The preceding presentation was delivered at the

2017 National Native Seed Conference
Washington, D.C. February 13-16, 2017

This and additional presentations available at http://nativeseed.info