Edible Wild Plants of WV

Joyce Morningstar and Amber Hobitday – Wild Ones

Amaranth – *Amaranthus spp.*
Anise Hyssop (Licorice Mint) – *Agastache foeniculum*
Autumn Olive – *Elaeagnus umbellata*
Bitter Cress – *Cardamine spp.*
Burdock – Arctium lappa
Blackberries – *Rubus spp.*
Black Locust (flowers) – *Robinia pseudo-acacia*
Blueberries – *Vaccinium spp.*
Bull Thistle – *Cirsium spp.*
Catnip – *Nepeta cataria*
Chickweed – *Stellaria spp.*
Chicory – *Cichorium intybus*
Dandelion – *Taraxacum officinale*
Day Lilies (orange) – *Hemerocallis fulva*
Dead Nettle – *Lamium purpureum*
Elderberry – *Sambucus canadensis*
Evening Primrose – *Oenothera biennis*
Garlic Mustard – *Alliaria officinalis*
Greenbrier – *Smilax spp.*
Ground Ivy – *Glechoma hederacea*
Hawthorne – *Crataegus spp.*
Henbit – *Lamium amplexicaule*
Japanese Knotweed – *Polygonum cuspidatum*
Jerusalem Artichoke – *Helianthus tuberosus*
Jewelweed – *Impatiens pallida*
Johnny-jump-ups – *Viola tricolor*
Lambsquarters – *Chenopodium album*
Mallow or Cheeses – *Malva neglecta*
Mints – *Mentha spp.*
Mulberries – *Morus rubra*
Mullein – *Verbascum thapsus*
Nettles – *Urtica dioica*
Queen Anne's Lace – *Daucus carota*
Paw Paw – *Asimina triloba*
Persimmon – *Diospyros virginiana*
Plantain – *Plantago spp.*

Poke (Young) – *Phytolacca americana*
Purple Coneflower -*Echinacea purpurea*
Purslane – *Portulaca oleracea*
Ramps, Wild Leeks –*Allium tricoccum*
Red Bud – *Cercis canadensis*
Red Clover – *Trifolium pratense*
Rock Tripe – *Umbilicaria spp.*
Sassafras - *Sassafra albidum*
Serviceberry – *Amelanchier spp.*
Sheep Sorrel – *Rumex acetosella*
Shepherd's Purse – *Capsella bursa-pastoris*
Spring Beauty – *Claytonia virginica*
Sweet Cicely – *Osmorhiza longistylis*
Violets – *Viola spp.*
Wild Ginger – *Asarum canadense*
Wild Mustard – *Brassica spp.*
Wild Onions or Garlic – *Allium spp.*
Wild Strawberry – *Fragaria spp.*
Wintergreen – *Gaultheria procumbens*
Wood Sorrel – *Oxalis corniculata*
Yarrow – *Achillea millefolium*
Yellow Dock – *Rumex crispus*
Yucca (flowers)– *Yucca spp.*

Nut Trees
Acorns (Oaks) –*Quercus spp.*
Beech – *Fagus grandifolia*
Black Walnuts -*Juglans nigra*
Butternuts – *Juglans cinerea*
Hazelnuts (Filberts) – *Corylus spp.*
Hickory Nuts – *Carya spp.*

Mushrooms
Puffballs
Morels
Shaggy Mane