

Edible Plants: Ohio Natives sold at Scioto Gardens

By: Jeannie Seabrook

Glass Rooster Cannery, 1673 South State Route 605, Sunbury, Ohio 43074

Fruit and Berry: jellies, jams, fruit leather, baked goods, desserts, wine



Alleghany Blackberry



Black Butte Blackberry



Purple Flowering Raspberry



Red Raspberry



Black Raspberry



Thornless Black Raspberry



Cutleaf Elderberry



Blueberry



Grape Concord Seedless



**Grape Lakemont
WhiteTable Grape**



Strawberry



**Cranberrybush
Viburnum**



Shepherdia Buffalo Bush Used by Native Americans and pioneers to make beverages, preserves, sauces, candy, relish, and dried cake. The berries turn sweet after frost and become frothy when beaten.



Serviceberry



Dwarf Black Chokecherry



Blackhaw Viburnum Ripen in October with $\frac{1}{4}$ - $\frac{1}{2}$ " fruit. Have an inedible seed, but small, flavorful fruit.



Wild Black Cherry



Red Plum



Mulberry



Pawpaw



American Persimmon

Nut Trees



Shellbark Hickory also called kingnut hickory.



American Beech (beechnut) Edible inner bark, young leaves, seeds, oil.



Butternut Also known as **White Walnut**

Black Walnut The large nut contained beneath the husks of Black Walnut is round and can be cracked open to expose the bittersweet, oily, and highly nutritious kernel.



White Oak Roast or boil and dry. Eat as a nut, grind for flour or make into candy. Rich in protein and fat.

Burr Oak



Chinkapin Oak has sparse acorn production



American Hazelnut eat raw or grind into flour for cake-like bread.

Other



Sugar maple – sap into syrup, seeds raw, blanch, or roast; inner bark, and sweet young leaves.



Basswood buds, flowers, early young leaves.



Rhubarb stalks. Leaves are poisonous.



Rugosa Rose flower and hip. the hips are high in vitamin C and eaten raw, in teas or in jams.



Ostrich Fern the term "fiddleheads" refers to the unfurling young sprouts of ferns.



Sweet Woodruff leaves, flowers

Jerusalem Artichoke Cook them like potatoes, until they're soft. The skin can be eaten, or you can peel them. The insides are soft and mild tasting.



Giant Cane young shoots



Horseradish root