Edible and Medicinal Plants

Please note that the following listing is of plants used historically for food and medicine. In no way should this list be perceived as a recommendation to eat these plants or use them medically.

Beautyberry
*Callicarpa americana*
Fruit—raw used to create saliva. Cooked, used to make jelly.

Blackberry/
Dewberry
*Rubus spp.*
Fruit—edible raw

Blueberry
*Vaccinium corymbosum*
Fruit—eaten raw or cooked in a variety of dishes.

Bullbrier
*Smilax rotundifolia L.*
Roots—can use to make a tea by boiling

Cattail
*Typha spp.*
Spring roots—look for new sprouts and eat raw or cooked. Later pull up leaves and peel back the tough leafy layer, the core can be eaten raw or cooked.
Flower—bloom spikes before they open can be boiled and eaten like corn on the cob.
Roots—can be used as a flour substitute.

Crabapple, Southern
*Malus angustifolia*
Fruit—seeds contain hydrogen cyanide. Gather seeds, pulverize.
Seeds are toxic, used to cleanse internally.

Dandelion
*Taraxacum officinale*
Leaves—mix with tonic to make a tea, which can aid stomach Cramps. This plant is not native—it was brought from Europe.

Dollarweed
*Hydrocotyle umbellata*
Leaves—small new growth eaten raw in salads

Elderberry
*Sambucus canadensis*
Flowers—dip in batter and fry; use for tea to treat a headache.
Leaves—dry and make a tea for diarrhea.
Fruit—eat raw.

Florida Betony
*Stachys floridana*
Roots—pickle or eat raw in salads (similar to white radish)

Grapevine
*Vitis spp.*
Fruit—edible raw, used to make wine, eaten dried
Leaves—used to make a tea

Greenbrier
*Smilax spp.*
New shoots, Uncurling Leaves, Tendrils—Eat raw in salads, steam, or cooked.
Roots—soak in cold water, allowing powder to settle. Use the dried powder as a gelatin or mixed in flour to use as thickener, OR add to cold water for a drink refresher. Mix roots and tallow;
Edible and Medicinal Plants

apply as a salve to burns. Use gelatin and tallow for skin abrasions.
Chewed leaves—soak in tannic acid and water to treat ant and chigger bites.

Hickory
Carya spp.
Nuts—edible raw or roasted.

Oak
Quercus spp.
Acorns—Boil hulled nuts in several changes of water to remove bitter tannins; nut is edible whole or ground and used as a flour. Use leftover liquid after boiling as an astringent, Poison Ivy treatment, and on skin irritations. Note: White oak less tanic than red oak.

Oxalis

Passion vine
Passiflora incarnata
Ripe fruit—edible raw, or cooked and can made into a jelly

Peppergrass
Lepidium virginicum
Young shoots—use sparingly in salad with less bitter greens.
Seeds—use as seasoning

Pickerelweed
Pontederia cordata
Leaves, Flowers—chop and use in salads.
Leaf stalks—boil and eat.
Fruit seeds—eat as a trail snack.

Pine
Pinus spp.
Inner bark—dry, cook, and grind into flour OR use as a bandage.
Can also be a good poultice for bug bites and boils.
Needles—make tea with.
Seeds—can eat.
Firm male cones—boil and eat.

Plantain
Plantago major
Leaves—use young leaves in salads or cook like greens

Prickly Lettuce
Lactuca semiola
Leaves—young leaves can be eaten in salads or boiled

Prickly Pear
Opuntia spp.
Young pods—remove spines; peel when ready to use. Fruit: raw, roast or fry
Fruit—good for jelly

Purslane
Portulaca oleracea
Leaves—eat raw in salads, steam and eat as greens; use as poultice for burns; juice used for earaches and stomachaches; juice alleviates caterpillar stings.

Sabal Palm
Seeds—Edible raw
Edible and Medicinal Plants

_Sabal palmetto_

_Heart_—Boil and eat like cabbage. Removing heart kills the tree.

_Saw Palmetto_  
_Serenoa repens_

_Seeds_—Edible raw  
_Heart_—Eat raw or can boil. Removing does not kill tree.

_Spanish Needle_  
_Bidens alba_

_Whole Plant_—make a brew from the entire plant. Bathe skin to alleviate rashes, itching, and other skin problems. Removes fiberglass particles from the skin. Submersion and soaking in a bath with plants.  
_Leaves_—cook young leaves as you would collard greens.  
_Strong-tasting but nutritious.  
_Flower_—petals can be used raw in salads; center of flower can be cooked in muffins, etc.

_Spotted Horsemint_  
_Monarda punctata_

_Leaves_—use to make a tea, which was used by Native Americans to treat flu, colds, fever. It increases sweating.  
_Essential oils from horsemint are high in thymol, which is an effective fungicide and bactericide and also used to expel hookworms. Today thymol is manufactured synthetically.

_Tread Softly_  
_Cnidoscolus stimulosus_

_New shoots_—eat as you would cook greens.  
_Leaves_—cook in water and make tea to aid digestion or to alleviate bug bite itches.

_Sumac, Winged_  
_Rhus copallina_

_Berries_—can make tea with, which can help a sore throat or diarrhea.  
_Root_—chew on to help cold sores.

_Thistle_  
_Cirsium spp._

_Roots_—boil and drain, use root poultice to treat boils, insect stings, or poison ivy.  
_Leaves_—young growth can be eaten raw or boiled after removing spines. Tea can be made to treat mouth sores.  
_Stem_—peel before eating raw.

_Violet_  
_Viola spp._

_Flowers and young leaves_—eat raw alone or in a salad, both can be boiled and cooked like spinach.  
_Dry leaves and flowers_ can be used to make tea.

_Wax Myrtle_  
_Myrica cerifera_

_Leaves_—wash and dry. Crumble and use as thickeners in soups and stews. Crush fresh leaves and rub on skin as mosquito repellent  
_Berries_—seasoning. Boil berries and use wax from berries for candles.

_Wild Cherry_  
_Prunus serotina_

_Stems_—used for brushing teeth

_Willow_  
_Salix spp._

_Inner bark_—aspirin substitute