

Edible Wild Plants Of Maine



Wintergreen *Gaultheria procumbens*



- Small herb.
- When broken leaves will have a minty fragrance.
- Harvest leaves and berries.
- Harvest in the summer.

Bunchberry *Cornus canadensis*



- Small herb.
- Harvest berries.
- Harvest in the summer.

Eastern Hemlock *Tsuga canadensis*

Tsuga canadensis



[469796c34b7a492e87cd7260.jpg](#)



[1480932776_e5f655b4277062e970af516da71a1127-1200x630-b.jpg](#)

- Evergreen tree.
- Harvest needles for tea rich in vitamin C.
- Harvest any time but best when new in the spring.
- **NOTE: The Eastern Hemlock is not poisonous. “Poisonous hemlock” is a totally different plant.**

Hobblebush *Viburnum alnifolium*



- Shrub
- Harvest berry like fruits.
- Harvest in the fall.

Wild Strawberry *Fragaria virginiana*



- Small herb.
- Harvest berries.
- Harvest in late spring into summer.

Sources

- Elias, Thomas S, and Peter A Dykeman. *Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods*. Sterling , 1982.