

Plant names and Links to the Resources

This is a companion document for [Native Plants for the Vegetable, Herb or Forest Garden](#)

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In the order that they were mentioned in the presentation:

Silver Maple, *Acer saccharinum*

Oaks, *Quercus*

Paw paws, *Asimina triloba*

Plums, *Prunus americana* and *Prunus nigra*

Serviceberries, *Amelanchier* (various species)

Thicket aka chokecherry, *Prunus virginiana*

Black Cherry *Prunus serotina*

Currants and gooseberries Several species, including America Black Currants *Ribes americanum* and Golden Currants *Ribes aureum* (which have incredibly fragrant blossoms)

Grapevines, including Summer Grape *Vitis aestivalis*, Northern Fox Grape *Vitis labrusca*, New England Grape *Vitis xnovae-angliae*, Riverbank Grape *Vitis riparia* and Frost Grape *Vitis vulpina*

Blueberries and Cranberries – *Vaccinium* species

Black walnut, *Juglans nigra*

Butternut, *Juglans cinerea*

Hickory, *Carya*

Pecan *Carya illinoensis*

Hazel *Corylus americana* and *Corylus cornuta*

Oak acorns *Quercus*, various species

American Persimmon, *Diospyros virginiana*

Nettles, Slender Nettle *Urtica gracilis*, Canadian Wood Nettle *Laportea canadensis*

Fiddleheads, Ostrich ferns *Matteuccia struthiopteris*

Alliums, Nodding onion *Allium cernuum*

Cow Parsnip *Heracleum maximum* (not to be mistaken for several other species)

Canada Honewort *Cryptotaenia canadensis*

Ohio Spiderwort *Tradescantia ohiensis*

Lanceleaf Rudbeckia AKA Green-headed coneflower *Rudbeckia laciniata*

Common Milkweed *Asclepias syriaca* spring shoots

Biennial Evening Primrose *Oenothera biennis*

Black Elderberries *Sambucus canadensis*

Black Raspberries *Rubus occidentalis*

Basswood or American Linden, *Tilia americana* offers edible flowers, spring, leaves and, as was recently shared in a video by [Alexis Nikole \(@blackforager\)](#) seeds that have a distinctly chocolate flavour if roasted <https://www.facebook.com/blackforager/videos/780580159939869/>

Native Roses *Rosa* family (many native species)

Native Spireas, including the very adaptable *Spirea alba*

Strawberries, including Woodland Strawberry *Fragaria vesca* and Virginia Strawberry *Fragaria virginiana*

Lance-leaved Self-heal *Prunella vulgaris* var. *lanceolata*

Common milkweed flower buds and tender pods *Asclepias syriaca*

From the Pollen Providers slide: Link to the Eastern Temperate Forest Keystone Species pdf

<https://www.nwf.org/-/media/Documents/PDFs/Garden-for-Wildlife/Keystone-Plants/NWF-GFW-keystone-plant-list-ecoregion-8-eastern-temperate-forests.ashx?la=en&hash=1E180E2E5F2B06EB9ADF28882353B3BC7B3B247D>

Bee balms, including, *Monarda didyma*, *Monarda fistulosa* and *Monarda punctata*

Mountain mints, including *Pycnanthemum virginianum* and *Pycnanthemum verticillatum*

Nitrogen fixing native species -PDF of a list I compiled a while ago can be viewed here

This is also a helpful article <https://www.inournature.ca/nitrogen-fixing-native-plants>

The specific goldenrods I mentioned:

- Canada Goldenrod *Solidago canadensis*
- Grey stem or Old Field Goldenrod *Solidago nemoralis*
- Bluestem Goldenrod *Solidago caesia*

Annual Sunflowers *Helianthus annuus*

Sunroot *Helianthus tuberosus* -[link to the info about cooking them and making a chocolate tart with them](#)

Ecozone maps <https://birdgardens.ca/find-bird-garden-zone/>

The two bookstores I mentioned

Good Minds <https://goodminds.com/>

Strong Nations <https://www.strongnations.com/>

VASCAN, for looking up the native status of species by province

<https://data.canadensys.net/vascan/search>

The video on using the search and list builder tools <https://www.youtube.com/watch?v=uvDbv8TbI2A>