Yummy plants (mostly natives) found along Wisconsin lakeshores and easy recipes for their gastronomical enjoyment

Wisconsin Lakes Partnership Convention - April 26th, 2014

Sources: “The forager’s harvest: a guide to identifying, harvesting, and processing edible wild plants” by Samuel Thayer and the UWSP and UWGB herbaria web sites
• Serves as a national model of conservation partnerships
• Brings the state’s resources to lake communities.

• Google UWEX lakes
  - http://www.uwsp.edu/cnr/uwexlakes/
  - http://www.wisconsinlakes.org/
  - http://www.dnr.state.wi.us/

• Lake Tides…sign up sheet passed around
Talk outline

• Lakeshore plants and recipes discussion
• Other edible native plants and ethnobotanical treasures
• A quick sharing of Doug Tallamy’s research on native plants
• Resources for more information
• Q and A
Fiddleheads (ferns) – ostrich fern

*Matteucia struthiopteris*

- **Status**: Native fern
- **Plant**: perennial fern
- **Habitat**: wet woodlands
- Very different sterile and fertile fronds together in conspicuous clusters.
- The combination of large, conspicuously clumped fronds, long-tapering to the base and separate fertile fronds is distinctive and unique in the Wisconsin flora. *Osmunda cinnamomea* is somewhat similar, but the fronds are only slightly narrowed at the base.
Fiddleheads (ferns) – lady fern
(Athyrium filix-femina)

- **Status:** Native
- **Plant:** perennial fern
- **Habitat:** woods
- Large fern of clumped growth form.
- Fertile and sterile fronds are similar and in healthy plants are often over 50 cm in length.
- The blades are broadest at about the middle and are 2-pinnate or 2-pinnatifid.
- Sori are elongate and at least some sori are hooked at the tip to lie over the adjacent vein.
Fiddleheads (ferns) –  
- bracken fern  
(*Pteridium aquilinum*)

- **Status**: Native  
- **Plant**: perennial fern forming large colonies  
- **Habitat**: woodlands, fields, roadsides in acidic soil  
- A common and distinctive fern in Wisconsin.  
- The blades are 3-pinnate (at least at the base), broadly triangular and are often held more or less horizontally.
Leeks / ramps – (Allium tricoccum)

- **Status**: Native
- **Plant**: erect, perennial, 4"-12" tall forb, onion odor; oval to conical bulb
- **Flower**: white, 6-parted, 1/4" wide; inflorescence a 1 1/4" erect, rounded cluster (umbel); blooms June-July
- **Fruit**: capsule with black seeds
- **Leaf**: basal, lance-like, flat, 1"-2" wide, found in early spring then disappearing when in flower
- **Habitat**: woods; in rich soil
Greens–
- dandelions
(*Taraxacum officinale*)

- **Status**: Introduced - naturalized
- **Plant**: erect, perennial, 2"-12" tall forb with milky juice
- **Flower**: head 1"-2" wide with only yellow ray flowers; inflorescence a single head on a long hollow stalk from the base of the plant; blooms April-Nov.
- **Fruit**: brown, dry seed on fluffy pappus
- **Leaf**: basal, pinnately-divided, long and narrow, end lobe usually larger than the others
- **Habitat**: fields, lawns, disturbed sites
Greens—

- water cress (*Nasturtium officinale*)

- **Status**: Introduced - naturalized; ecologically invasive
- **Plant**: erect or spreading, perennial, 4"-18" tall, emergent aquatic, sometimes evergreen, forming large, tangled wintergreen masses; stems spreading; rooting from the lower nodes
- **Flower**: white, 4-parted, 1/5" wide, petals 2 times longer than the sepals; inflorescence a cluster (raceme) of stalked flowers from the ends of the shoots; blooms May-Oct.
- **Fruit**: long, thin pod with coarse seeds in 2 rows
- **Leaf**: pinnately-divided into 3-9 rounded leaflets with the end one longest
- **Habitat**: sun; streams, springs, cold water; in limy, sedimentary, gravelly soil.
Greens—
- sheep’s sorrel
(Rumex acetosella)

- **Status**: Introduced - naturalized; ecologically invasive
- **Plant**: erect, perennial, 4”-16” tall forb, overall reddish-brown; with thin, creeping roots forming large patches
- **Flower**: orange or pink to yellowish, 6-parted, stalk jointed next to the flower; inflorescence loose, conical, branched clusters about half the length of the entire plant; blooms May-Aug.
- **Fruit**: golden brown, shiny, dry seed
- **Leaf**: usually 3-lobed, end lobe elliptical to oblong, other 2 triangular and smaller; acidic taste
- **Habitat**: fields, lawns, disturbed areas; in acidic soil

Other greens: nettles; burdock; Virginia water leaf; garlic mustard

Photographer: Merel R. Black
Hazelnuts – *Corylus americana*

- **Status**: Native
- **Plant**: perennial, erect, open, rounded shrub to 11' tall; smooth bark light gray; branches erect, twigs hairy
- **Flower**: winter buds widely oval with obtuse to rounds tips; male catkins on the sides of the small branches, usually in clusters of 1 or 2; blooms very early spring
- **Fruit**: nuts in clusters of 2-5, sometimes partially visible beneath the leaf-like, hairy bracts
- **Leaf**: widely oval often with straight sides; edges sharply cut to finely doubly cut; stalk very hairy
- **Habitat**: moist to dry; open woods, thickets, hillsides, roadsides, fencerows
Duck potatoes - *(Sagittaria latifolia)*

- **Status**: Native
- **Plant**: mostly erect perennial, emergent aquatic 6"-48" tall; roots tuberous-tipped, edible rhizomes
- **Fruit**: dry, stalked, flattened, winged seed with a large right-angled beak
- **Leaf**: mostly arrow-shaped when emergent, long and narrow under water
- **Habitat**: shallow water streams; in muddy soil
Violets –

**Viola sororia / other species**

- **Status**: Native
- **Plant**: erect, annual/perennial forb, basically stemless
- **Flower**: violet to white, 5-parted, 3/4"-1 1/4" wide, petals widely open, spreading side petals bearded with pointed hairs, spur petal not bearded; solitary, basal; blooms April-June
- **Fruit**: elliptical capsule with dark brown seeds
- **Leaf**: on long stalks with at least a few hairs, edges with rounded teeth, and usually with a heart-shaped base
- **Habitat**: moist, wet; woods, meadows
- **Notes**: very similar to *V. affinis* except that the spurred petal is not bearded.

Wisconsin State Flower

Photographer: Merel R. Black
Edible native fruit

- Chokeberry (*Aronia melanocarpa*)
- Pin cherry (*Prunus pensylvanica*)
- Elderberries (*Sambucus* species)
- Wild plum (*Prunus americana*)
Edible native fruit

- Wild grape (*Vitis riparia*)
- Service berries (*Amelanchier* species)
- Carrion flower (*Smilax* species)
- Highbush cranberry (*Viburnum trilobum*)
Edible native fruit

- Mulberries (*Morus rubra*)
- Nanny berry (*Viburnum lentago*)
- Cranberry (*Vaccinium macrocarpon*)
- Ditch apples (*Malus* species)

Nannyberry, Wild Raisin, Black Haw

*Viburnum lentago*

Cluster of ripe nannyberries. Note the claw-like bud at the top.
Edible native fruit

- Blueberries (*Vaccinium species*)
- Raspberries (*Rubus idaeus*)
- Blackberries (*Rubus allegheniensis*)
- Thimbleberry (*Rubus parviflorus*)
Edible greens – native plants

- Staghorn sumac (*Rhus hirta*)
- Lamb’s quarters (*Chenopodium album*)
- Sheep sorrel (*Rumex acetosella*)
Edible greens – native plants

- Water leaf (*Hydrophyllum virginianum*)
- Wood nettle (*Laportea canadensis*)
- Mustards (*Brassica* species)
- Purslane (*Portulaca oleracea*)
Nut & acorn plants

- Beaked hazelnut (*Corylus cornuta*)
- American hazelnut (*Corylus americana*)
- Butternut (*Juglans cinerea*)
- Oaks (*Quercus* species)
- Walnuts (*Juglans nigra*)
Edible native flowers - violets and mustards

Birds-foot violet
*Viola pedata.*
Edible native plants - grain

- Wild rice (*Zizania aquatica*)
Edible native plants – onion family

- Wild leeks (*Allium tricoccum*)
- Nodding wild onion (*Allium cernuum*)
- Wild onion (*Allium stellatum*)
- Wild garlic (*Allium canadense*)
Edible native plants - starches

- Cattails (*Typha species*)
Edible native plants
- dyes

- Wild indigo (*Baptisia* species)
- Spiderwort (*Tradescantia ohiensis*)
Doug Tallamy’s work with native species
Doug Tallamy’s work with native species

Best Bets: Herbaceous Plants
Favorite herbaceous plants for mid-Atlantic butterflies and moths.

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Plant Genus</th>
<th>Butterfly/moth species supported</th>
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<tbody>
<tr>
<td>Goldenrod</td>
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<td>Sunflower</td>
<td>Helianthus</td>
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<td>Joe pye, Boneset</td>
<td>Eupatorium</td>
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<td>Morning glory</td>
<td>Ipomoea</td>
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<td>Sedges</td>
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<td>Violets</td>
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<td>Geraniums</td>
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<td>Black-eyed susan</td>
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<td>Evening primrose</td>
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<td>Cardinal flower</td>
<td>Lobelia</td>
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Best Bets: Woody Plants
Favorite woody plants for mid-Atlantic butterflies and moths.

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<th>Common Name</th>
<th>Plant Genus</th>
<th>Butterfly/moth species supported</th>
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<tr>
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Questions / Handouts / Discussion

Thanks for coming!