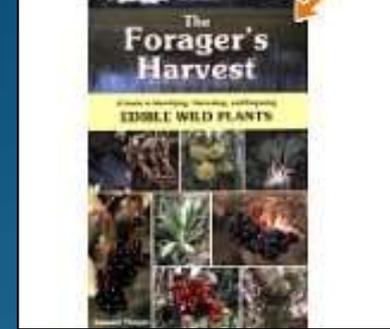
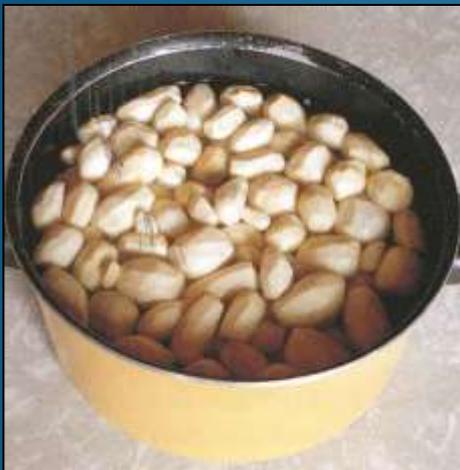


# Yummy plants (mostly natives) found along Wisconsin lakeshores and easy recipes for their gastronomical enjoyment

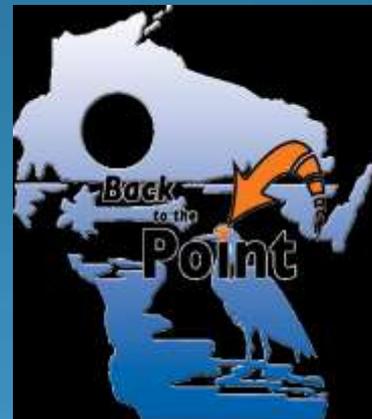
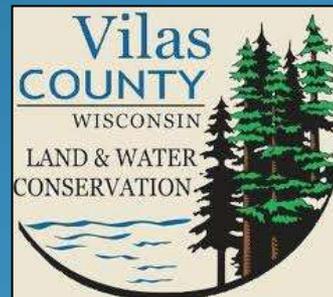


## Wisconsin Lakes Partnership Convention - April 26<sup>th</sup>, 2014



### Quita Sheehan

- Mrs. Lake Specialist  
Vilas County Land & Water  
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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



# The Wisconsin Lakes Partnership



- 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

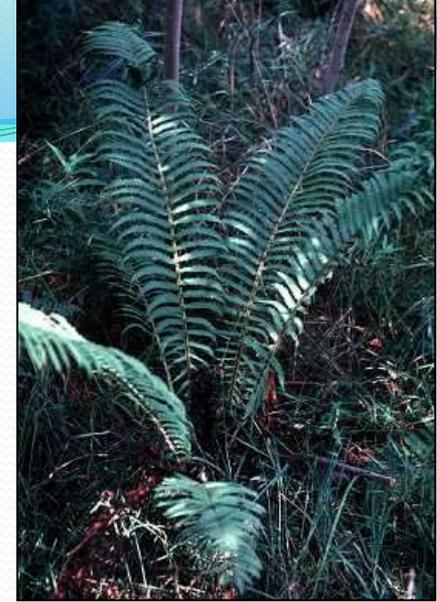


# Talk outline

- 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*)

Christopher Noll



- 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.



Matthew L. Wagner

The Wisconsin Lakes Partnership



# 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*)

Matthew L. Wagner



Hugh H. Ittis



Photographer: Stephen L. Solheim

- 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



Merel R. Black



# Greens— - dandelions (*Taraxacum officinale*)

Merel R. Black



- 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*)



Richard Bauer



Photographer: Christopher Noll

- 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*)



Photographer: Merel R. Black

- 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



# Hazelnuts

## – *Corylus americana*



Matthew L. Wagner



Kenneth J. Sytsma



Photographer: Steve C. Garske

- 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 rounded 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

Eric J. Epstein



The elusive tubers of *Sagittaria latifolia*, the broad-leaved arrowhead or wapato.



Tubers of *S. rigida*.



Tubers of *S. cuneata*.



Tubers of *S. latifolia*.



# Violets –

## *Viola sororia* / other species



*Viola tricolor*



Photographer: Merel R. Black

- 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



# Edible native fruit

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

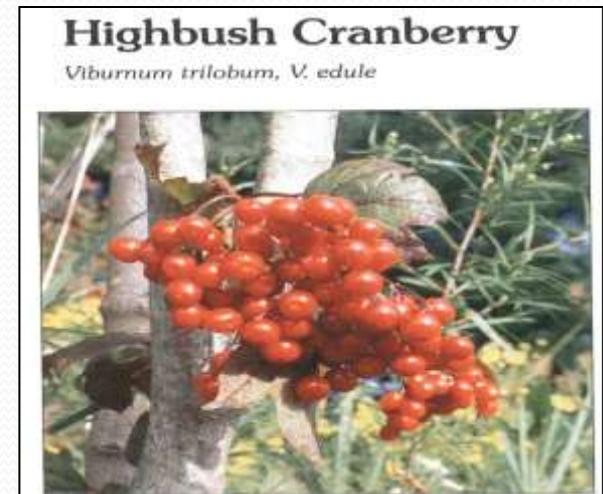
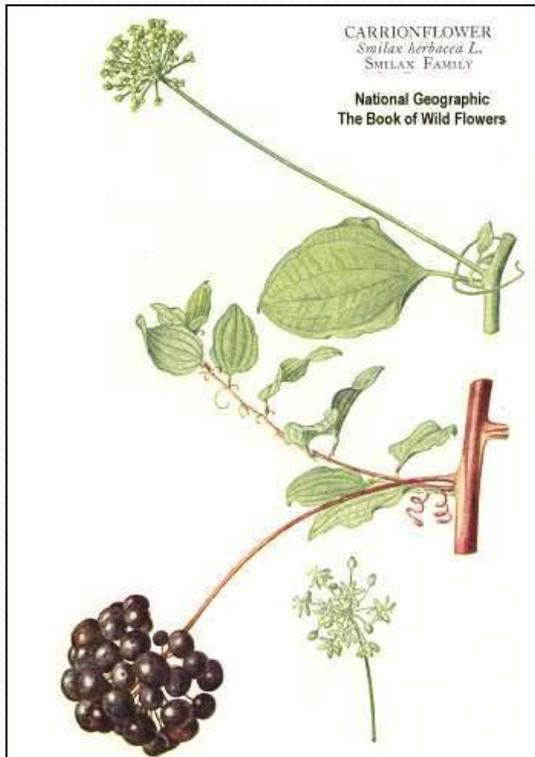


A pin cherry twig laden with succulent fruit.



# 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*)

## Virginia Waterleaf

*Hydrophyllum virginianum*



Newly emerged, watermarked leaves of Virginia waterleaf, at their best stage for eating.



# 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

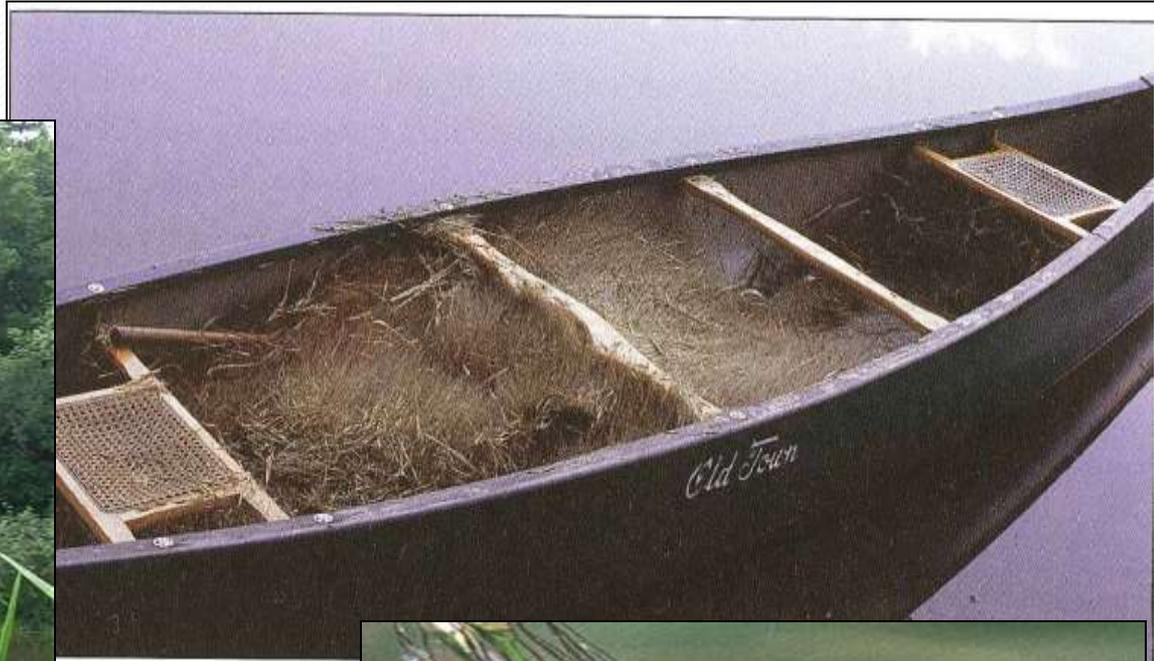


Birds-foot violet  
*Viola pedata*.



# 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

The screenshot shows a web browser window with the URL [bringingnaturehome.net](http://bringingnaturehome.net). The page features a green background and a white content area. At the top, there is a navigation bar with the title "Bringing Nature Home" in a handwritten font and three tabs: "About Native Gardening", "The Book", and "Lectures". Below the navigation, a breadcrumb trail reads "You are here: Home". The main content area is titled "A Case for Native Gardening" and includes a short paragraph about native gardening and biodiversity, along with a link to "What to plant? See our lists for woody and herbaceous recommendations." To the left, a "News" sidebar lists several articles with dates, such as "What should I plant?" from May 27, 2009, and "Doug On Radio Times" from Mar 04, 2008. Below the text is a video player showing an interview with Dr. Doug Tallamy. The video player has a play button and a progress bar. At the bottom of the page, there is a copyright notice and a "This site powered by" logo. The Windows taskbar at the bottom shows various application icons and the system clock displaying 11:42 PM on 4/25/2014.



# Doug Tallamy's work with native species

## Best Bets: Herbaceous Plants

Favorite herbaceous plants for mid-Atlantic butterflies and moths.

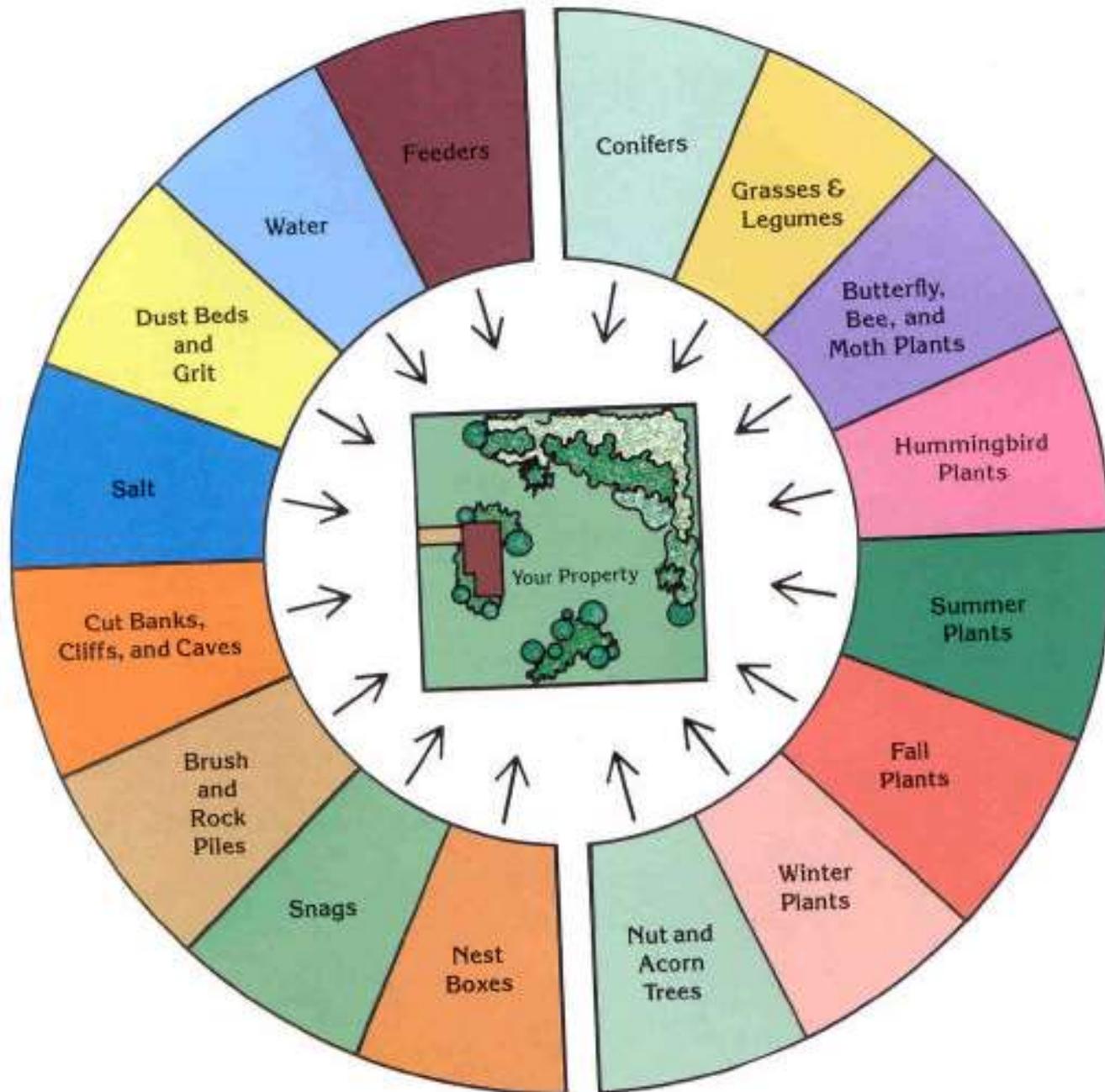
Common Name	Plant Genus	Butterfly/moth species supported
Goldenrod	Solidago	115
Asters	Aster	112
Sunflower	Helianthus	73
Joe pye, Boneset	Eupatorium	42
Morning glory	Ipomoea	39
Sedges	Carex	36
Honeysuckle	Lonicera	36
Lupine	Lupinus	33
Violets	Viola	29
Geraniums	Geranium	23
Black-eyed susan	Rudbeckia	17
Iris	Iris	17
Evening primrose	Oenothera	16
Milkweed	Asclepias	12
Verbena	Verbena	11
Beardtongue	Penstemon	8
Phlox	Phlox	8
Bee balm	Monarda	7
Veronica	Veronica	6
Little bluestem	Schizachyrium	6
Cardinal flower	Lobelia	4

## Best Bets: Woody Plants

Favorite woody plants for mid-Atlantic butterflies and moths.

Common Name	Plant Genus	Butterfly/moth species supported
Oak	Quercus	534
Black cherry	Prunus	456
Willow	Salix	455
Birch	Betula	413
Poplar	Populus	368
Crabapple	Malus	311
Blueberry	Vaccinium	288
Maple	Acer	285
Elm	Ulmus	213
Pine	Pinus	203
Hickory	Carya	200
Hawthorn	Crataegus	159
Spruce	Picea	156
Alder	Alnus	156
Basswood	Tilia	150
Ash	Fraxinus	150
Rose	Rosa	139
Filbert	Corylus	131
Walnut	Juglans	130
Beech	Fagus	126
Chestnut	Castanea	125



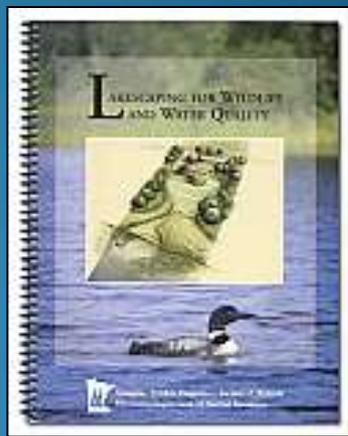


Structural Components

Plant Components



By: Carrol Henderson



By: Carrol Henderson, Carolyn Dindorf, and Fred Rozumalski

# Questions / Handouts / Discussion



Thanks for coming!