



Foraging in Minnesota Woodlands or Your Own Backyard

Gary Wyatt, Extension Educator, Agroforestry



My goal in today's presentation is to give you a small taste of many possible plants that can be foraged and gathered in our Minnesota woodlands and your backyard.

To encourage you to learn more about foraging and to be safe.



#1 Rule of Wild Foraging “Must be done Sustainably”

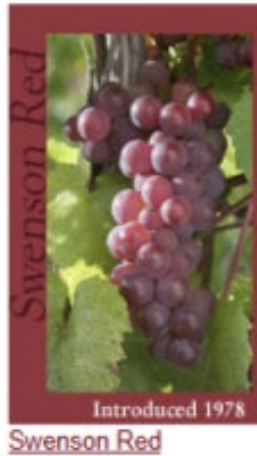


Outline for today's presentation:

- Wild Harvest (Woodlands/Hunter Gather of Edibles)
- Wild Harvest (Home landscape)
- Forest Farming
- Edible – Fruits and Nuts (You can plant at home)
- Resources

Fruits not talked about today:

- Apples (apples.umn.edu)
- Grapes (grapes.umn.edu)
- Raspberries (z.umn.edu/umfruit)
- Blackberries
- Etc..



University of Minnesota Apples

Welcome to the University of Minnesota's Apple website, a resource for apple lovers! Whether you're a grower or a person who simply enjoys savoring the taste of great apples and appreciates their healthful benefits, we hope you find this website useful.



Wild Harvest

Woodlands/Hunter Gather of Edibles



Minnesota Outdoor Skills and Stewardship Series:

Didn't bag that turkey or land that trout? Go after Ramps, Fiddleheads, and More-Is!

James Burnham | R3 Coordinator

james.burnham@state.mn.us

April 21, 2021

 DEPARTMENT OF
NATURAL RESOURCES

+6

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Events & seasons

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Minnesota Outdoor Skills and Stewardship Series

Event details

Anyone who wants to supercharge their outdoor skills and know more about how to enjoy the outdoors in Minnesota is invited to join a new weekly webinar series with facts, fun, tips and tricks.

The Minnesota Outdoor Skills and Stewardship Series from the Minnesota Department of Natural Resources aims to give participants quick, relevant information on upcoming seasons and events, and skills to help enjoy these opportunities. Each Wednesday at noon staff from the DNR and guest experts will spend 30 minutes discussing a variety of topics with time for questions at the end.

The courses are free, but participants are required to pre-register. Registration is [available online](#). Webinar topics through the end of May include:

Intro to fly fishing, April 14: Join Benji Kohn, DNR state mentoring coordinator, and Melissa Boman, a DNR mammal specialist with the Minnesota Biological Survey, as they discuss

Location

WebEx

Date

April 14, 2021 to May 26, 2021

Time

12 p.m.

[Add to calendar](#)

[Find another event](#)

Know before you go (and forage)

MN DNR Lands



State
Natural
Areas



State Parks



State Forests



WMAs
&
AMAs

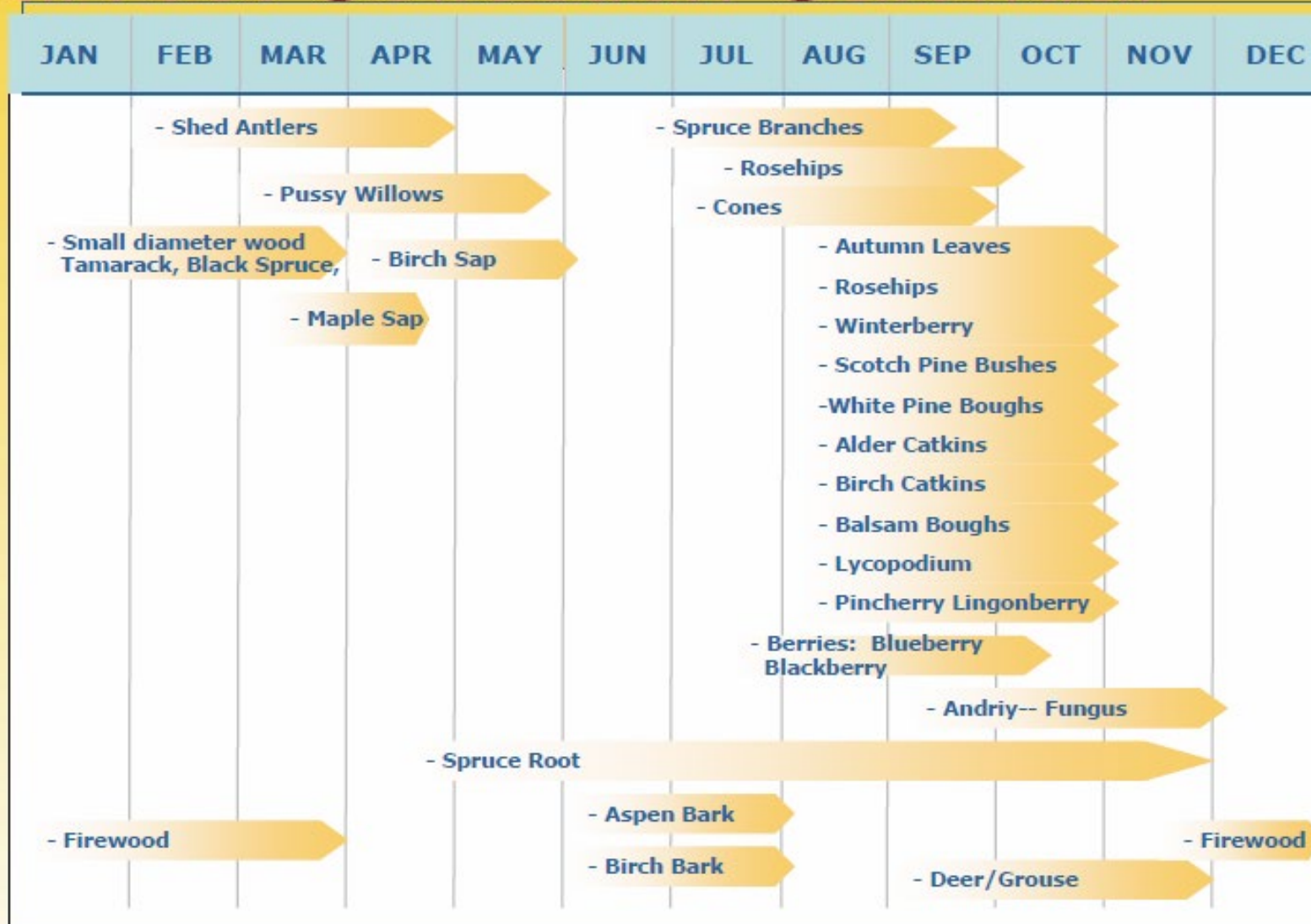
Where can you forage?

- It depends
- When in doubt LEAVE IT ALONE

Other lands – check for rules

- National
 - Forests
 - Wildlife refuges
 - Waterfowl production areas
- City/County/Regional
 - Parks
 - Tax forfeit land

Harvest Collection Calendar



Berries Native to Upper Midwest

- Juneberry *Amelanchier spp.*
- Wild strawberry *Fragaria virginiana*
- Wild plum *Prunus americana*
- Pin cherry *Prunus pennsylvanica*
- Sand cherry *Prunus pumila*
- Wild cherry *Prunus serotina*
- Chokecherry *Prunus virginiana*
- Gooseberry(currants) *Ribes americana*
- Rosehips *Rosa blanda*

(Densmore, 1974; GLIFWC, 2002)

- Boysenberry *Rubus spp.*
- Blackberry *Rubus allegheniensis*
- Dewberry *Rubus flagellaris*
- Black raspberry *Rubus occidentalis*
- Thimbleberry *Rubus parviflorus*
- Red raspberry *Rubus idaeus*
- Loganberry *Rubus loganbaccus*
- Elderberry *Sambucus canadensis*
- Blueberry *Vaccinium angustifolium*
- Cranberry *Vaccinium macrocarpa*
- Nannyberry *Viburnum lentago*
- Wild grape *Vitis riparia*
- Highbush cranberry *Viburnum opulus*



Safety in Foraging



- Never forage alone, use the buddy system
- Tell someone where you are going and when you will return
- Know the area that you will be foraging
- If this area is new, get a map and learn more about the area
- Get permission or permits if needed
- Go out earlier in the day but take a flashlight
- Take backpack, water, snacks, knife/scissors, TP & bags
- Wear proper clothes/shoes, rain gear, etc.

Basic Rules of Wild Food Foraging

- Know what you are picking
- Collect only what you can positively identify as edible
- Harvest only plants that look healthy
- Clean thoroughly and properly prepare
- Eat small quantities when first trying a wild edible plant
- Get property owners permission before gathering edibles
- Do not over harvest. Take only what you can use. Leave 80%+

The 5 Steps of Identifying Edible Plants

(Forager's Harvest by Thayer, 2006)

- **Tentative identification:** Never identify a plant by one single characteristic. Make careful observations about key characteristics.
- **Comparison:** Compare the plant to a reliable reference, carefully, thoroughly, and critically. Use both the description and illustration/photograph to confirm your finding.
- **Double and triple check:** Compare to several more reliable references. Do not mentally force your plant to fit the description.
- **Locate more:** Gather more specimens until you can effortlessly recognize the plant. If you need a book to identify the plant every time then you may not be ready to eat it.
- **Assess contradictory confidence:** Are you really sure? Under no circumstances is it acceptable to taste or eat any part of an **unidentified plant!**

Foraging plants and decoratives

- Mushrooms: Morel, Chicken of the woods, Chanterelle, Chaga
- Tree Seeds and Cones (Need permits)
- Leeks or Ramps
- Fiddlehead fern
- Berries: Blueberries, Thimbleberry, Juneberry, Gooseberries, Raspberries
- Wild Rice (Need permits)
- Hazelnuts
- Wild Grape
- Balsam boughs (Need permits)
- Willows (Need permits)

Spring Foraging

- Leeks or Ramps
- Fiddleheads (Ostrich fern)
- Morel mushrooms



z.umn.edu/ramps



z.umn.edu/morel



Leeks or Ramps – Wild Onions

- Early spring edible
- Some just cut the leaves
- Others take whole plant
- Need to harvest sustainably



Fiddlehead Fern (Ostrich fern)

- From the native Ostrich fern
- Early spring – April/May
- 44 ferns on MN Wildflowers



Morel Mushroom

- Early season mushroom
- Late May and June
- Very distinct sponge like head
- Some look-a-likes (false Morel)



Chicken of the Woods - Mushroom

- Found throughout the world and called chicken of the woods because many think they taste like chicken.
- Found on wounds of trees, mostly oaks.
- The mushroom can be prepared like preparing chicken meat. Used as a substitute for chicken in a vegetarian diet.
- Can be frozen. Some people have mild reactions.



Chanterelle - Mushroom

- Emerge July and September
- In hardwood and conifer forests
- Beware of 3 look-a-likes which may cause severe gastric upset
 - Jack-o-lantern
 - False Chanterelle
 - Woolly Chanterelle
- Do not eat raw



Chaga on Birch (also on Poplar, Elm & Alder)

- Harvest in winter
- Cut off exterior mass
- Break away from tree
- Trees are dead or dying
- Folk remedy for illnesses



Blueberries

- Two native varieties: Common low bush and Velvet-leaf
- Found in July and August
- Northern forests also in moist sandy pine or oak barrens



Thimbleberry

- Along trails in damp/rich soils
- Harvest late July, early August
- May not find large quantities of ripe berries in one outing
- Eat fresh or in preserves
- Berries can mush easily



Serviceberry/Juneberry/Saskatoon

- Eight species of serviceberries in MN
- Most Counties have at least one species
- Brushy areas near meadows, streams, edge of woodlands
- Can be eaten raw or used in pies, muffins, jam, and other cooked dishes



Gooseberries

- Four native gooseberries.
- Ripe gooseberries excellent in baked desserts, sauces, etc.
- Rich in pectin – used primarily for jam and jelly.
- Not usually eaten raw.
- Ripe fruits from mid to late summer.
- Grows in rich, moist forests, especially along rivers and ponds.



Wild Raspberries

- Black and red raspberry and blackberries.
- Black ripens early to midsummer generally before red raspberries. Considered by many to be the tastiest berry.
- Typically has three leaflets and whitish bloom. Have sharp curved thorns. Fruits are edible and delicious.



Spotted Wing Drosophila

- Found in MN in 2012
(29 Counties – Now statewide)
- Attracted to ripe/healthy fruit
- Males have a dark spot on wings
- Eggs laid on fruit, larva eats fruit
- Over winters as adult
- Active in summer (June – Sept.)



SWD Attacks many fruit...

- Attacks wide variety of soft, thin-skinned fruit including:
 - **raspberries**
 - blackberries
 - blueberries
 - cherries
 - plums
 - grapes
 - strawberries(ever-bearing not June)



morgueFile.com

Wild Rice

- Central and Northern MN
- Harvested by canoe, using push poles and knockers
- Minnesota requires a license to harvest wild rice on public waters; the harvest of green (unripe) rice is unlawful.
- Rice harvest within tribal boundaries is regulated by the respective departments of natural resources.
- Do not harvest before ripe



Hazelnuts



- American hazelnuts
- Small bushes in woodlands
- Need to find before the deer



Wild Grape

- Grapes make wonderful pies, juices, wines, and jams.
- In the early summer, the full sized but still tender leaves can be preserved for later use.



Balsam Boughs

- Balsam in shade in NE & SE MN
- Harvest after the 2nd hard frost
- Review MN state regulations
- Use proper harvest methods
 - Trees over 7 feet tall
 - Branches the diameter of a pencil
 - Do not remove the entire branch



Willows

- Willows can be woody florals
- Woody stems for arrangements
- Walking sticks, etc.



Tree Seeds and Cones

- Collect in paper bags
- Seasonal income
- Decoratives



Table: Seed collection considerations for select species. Source: MN DNR.

Species	Collection Time	Ripeness Indicator	Bearing Age	Price (2011)
Tamarack	August	Tan	20-40 years	\$120/bushel
Black spruce	September	Purple	30-40 years	\$50/bushel
Jack pine	September	Tan	3-15 years	\$30/bushel
White pine	September	Reddish-purple	5-10 years	N/A

Wild Harvest

Home Landscape

(Lawn, Windbreak or Driveway)



Dandelions

- European native.
- Roots, scraped, sliced, boiled in salt water, pleasant taste and texture
- Leaves, young eaten raw (salad) and older boiled. Raw leaves are high in Vitamin A, thiamine, riboflavin, ascorbic acid, calcium and potassium. (Spring)
- Flowers, eaten raw or dried to be used for tea. Tea said to be remedy for heartburn and menstrual cramps.

Violets

- Over 100 varieties
- Flowers are the most harvested of the violet.
- Violet flowers can be used to garnish salads or flavor vinegars and syrups.
- Leaves and blossoms are great for salads. They can also be added to soup or eaten as cooked greens.
- Pick them fresh for salads or freeze.



Plantain

- Native Americans named the plant meaning “White man’s foot” – came over with European settlers.
- Leaves for salad or cooked greens while very young; soon become too stringy.
- Cooked leaf on wounds to bites to help with healing process.
- Very high in Vitamins A and C and in many minerals. Used in teas.



Daylilies

- Many parts of the Daylily are edible
- Common daylily (*Hemerocallis fulva*) and family
- Do NOT eat Easter lilies
- <https://honest-food.net/dining-on-daylilies/>



Elderberry

- Dark purple berries have more vitamin C than oranges. Great source of antioxidants.
- Juice and extracts used to treat common cold, flu, diabetes and forms of cancer.
- Commonly used to boost the immune system, lower cholesterol, improve vision & heart health, joint & muscle pain.
- Makes good juice, jelly and beverage.



Wild Rose

- Roots: Native Americans made tea for Diarrhea.
- Hips or Fruit have an apple-like flavor very high in Vitamin C, can be made into jams, jellies, syrups and teas.
- Flowers: Can be eaten raw or used in teas or jellies or syrups.
- Leaves: Used for teas.



Acorns (Bur Oak)

- Native Americans used the acorn from the Bur Oak for making flour that was often mixed with corn meal and baked in the form of cakes.
- The acorn, when ground, can also be used for coffee.
- This acorn is among the sweetest of the acorns.



Cattail

- Roots make a cooked vegetable.
- Stems can be roasted, boiled or cooked.
- Flowers in the spring have a bright yellow pollen that makes a nourishing ingredient for pancakes, cookies and muffins – flour substitute.
- Spikes (flower heads) while still green can be boiled and eaten like corn-on-the-cob.
- Roots can be baked like a potato – peeled first.
- “If a man can find a stand of cattails, he will not want for food, shelter or fuel at any time of the year” – Euell Gibbons



Stinging Nettles

- Well-armed with stinging hairs.
- Flowers June to September.
- Boiled, the leaves and young tender tops can be eaten as grass. You can also eat the seeds as is.
- Native Americans used it in spring when other food plants were scarce. Soak nettles in water or cook them to remove stinging chemicals.
- To make tea snip off the very tops of the needles called the tips – can use rest of the plant but tea will be more bitter.



Chokecherry

- Most widely distributed tree in North America – prefers rich and moist ground.
- Tart before it ripens – both refreshing and sustaining when one is thirsty, hungry or both.
- Tea good for sore eyes and diarrhea. Avoid the pits – contain cyanide.
- Leaves poisonous especially in spring and early summer. Cooking, drying or freezing eliminates acid.



Red Clover

- Pick flowerheads to use as a garnish in salads.
- Dried flower heads work nicely in teas.
- Harvest, dry, and brew much like directions for chamomile tea.
- Leaves can be tossed into a salad or used in tea, the preferable part is the flower.



Tips for Foraging...Home Landscapes

- Be knowledgeable about the area you have selected for harvesting.
- Is it a part of a park? **(Always get permission)**
- Is it owned by the county, state or private person?
- You will want to know if herbicides or pesticides have been applied there.
- Avoid farming fields or ditches.
- Avoid roadside ditches. (Wild parsnips – skin irritation with sun)
- Avoid areas where dogs may have been.
- Avoid areas with excess pollution.

Forest Farming

Forest Farming

The intentional manipulation, integration, and intensive management of woodlands that capitalize on specific plant interactions to produce non-timber products.



Native Plant Community Classification:

[Home](#) > [Nature](#) > [Native Plant Communities](#) >

Native Plant Communities

[Definition](#)

Classification

[Status](#)

[Importance](#)

System Summaries & NPC Factsheets


[Upland Forests and Woodlands](#)

[Wetland Forests](#)

[Upland Grasslands, Shrublands, and Sparse Vegetation](#)

[Wetland Grasslands, Shrublands, and Marshes](#)

Native Plant Community Classification

In 2003, researchers with the Minnesota Department of Natural Resources (DNR) completed a new classification of the native vegetation of Minnesota. [Minnesota's Native Plant Community Classification \(Version 2.0\)](#) . The DNR's new classification is intended to provide a framework and common language for improving our ability to manage vegetation, survey natural areas for biodiversity conservation, identify research needs, and promote study and appreciation of native vegetation in Minnesota.



Click on topic below to reveal more information. Click again to hide.

Select a heading to expand the details. Select again to hide.




[Expand All](#)

[+ Background](#)

[+ Classification Hierarchy](#)

[+ Field Guides](#)

Resources

- [Native Plant Community field guides](#) 
- [Minnesota's Native Plant Community Classification Methods](#)  PDF
- [Vegetation Sampling](#)
- [Native Plant Community Conservation Ranks](#)  PDF
- [Ecological Classification System](#)

What is Agroforestry?

...the *intentional* combining of agriculture and working trees to create sustainable farming systems.



Non - Timber Forest Products (NTFPs)?

- Floral greenery
- Wild edibles
- Medicinals and Nutraceuticals
- Landscaping, Firewood etc.
- Crafts and art
- Miscellaneous products (essential oils, smoke woods, soaps, etc.)
- Forest-based cultural or eco-tourism with a NTFP component.

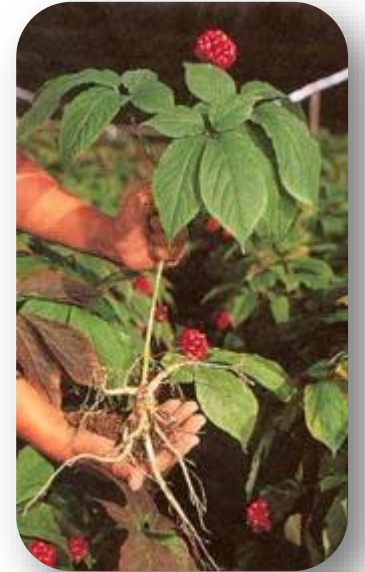


Photo: J.Miedtke



Product Categories

- Medicinals
- Food Products
- Decoratives
- Handicrafts



Edible Fruits and Nuts

Serviceberry/Juneberry/Saskatoon (amelanchier... *many*)

Height: 15+ feet

Spread: 10+ feet

Growth: moderate

USDA Zone: 2-4a

Root Type: fibrous shallow

Insects: May attract SWD

Many types - shrub to small trees



Currants (Red, Black)

(ribes, Red = rubrum, Black = nigrum)

Height: 5 feet

Spread: 6 feet

Growth: Moderate

USDA Zone: 3-5

Root Type: Fibrous



Apple (malus...many)

Height: Standard - 20 + feet

Dwarf - <15 feet

Spread: 15 feet

Growth: Moderate

USDA Zone: 3-4

Root Type: Fibrous

(Talk to Orchards in your area)



American Plum (*Prunus americana*)

Height: 10-30 feet

Spread: 8-25 feet

Growth: Moderate

USDA Zone: 2-4A

Root Type: Fibrous Shallow

(May sucker off area – Monitor)



Nanking Cherry (*Prunus tomentosa*)

Height: 6-8 feet

Spread: 6-8 feet

Growth: Moderate

USDA Zone: 3-6

Root Type: Fibrous



American Hazelnut (*Corylus americana*)



Height: 6 – 12 feet

Spread: 6 – 12 feet

Growth: Medium

USDA Zone: 3 - 9

Root Type: Deep Fibrous



American Cranberry (*Viburnum trilobum*)



Height: 8 – 12 feet
Spread: 8 – 12 feet
Growth: Medium
USDA Zone: 2 - 7
Root Type: Fibrous



Black Chokeberry (*Aronia melanocarpa*)

Height: 12 feet

Spread: 7 feet

Growth: moderate

USDA Zone: 2 - 5

Root Type: fibrous shallow



Elderberry (*Sambucus canadensis*)

Height: 6 - 12 feet

Spread: 7 feet

Growth: moderate

USDA Zone: 3 - 5

Root Type: fibrous shallow



Honeyberry (*Lonicera caerulea*)

Height: 3 - 8 feet

Spread: 3 - 4 feet

Growth: moderate

USDA Zone: 3 - 8

Root Type: fibrous shallow

Insects: May attract SWD

Protect from birds

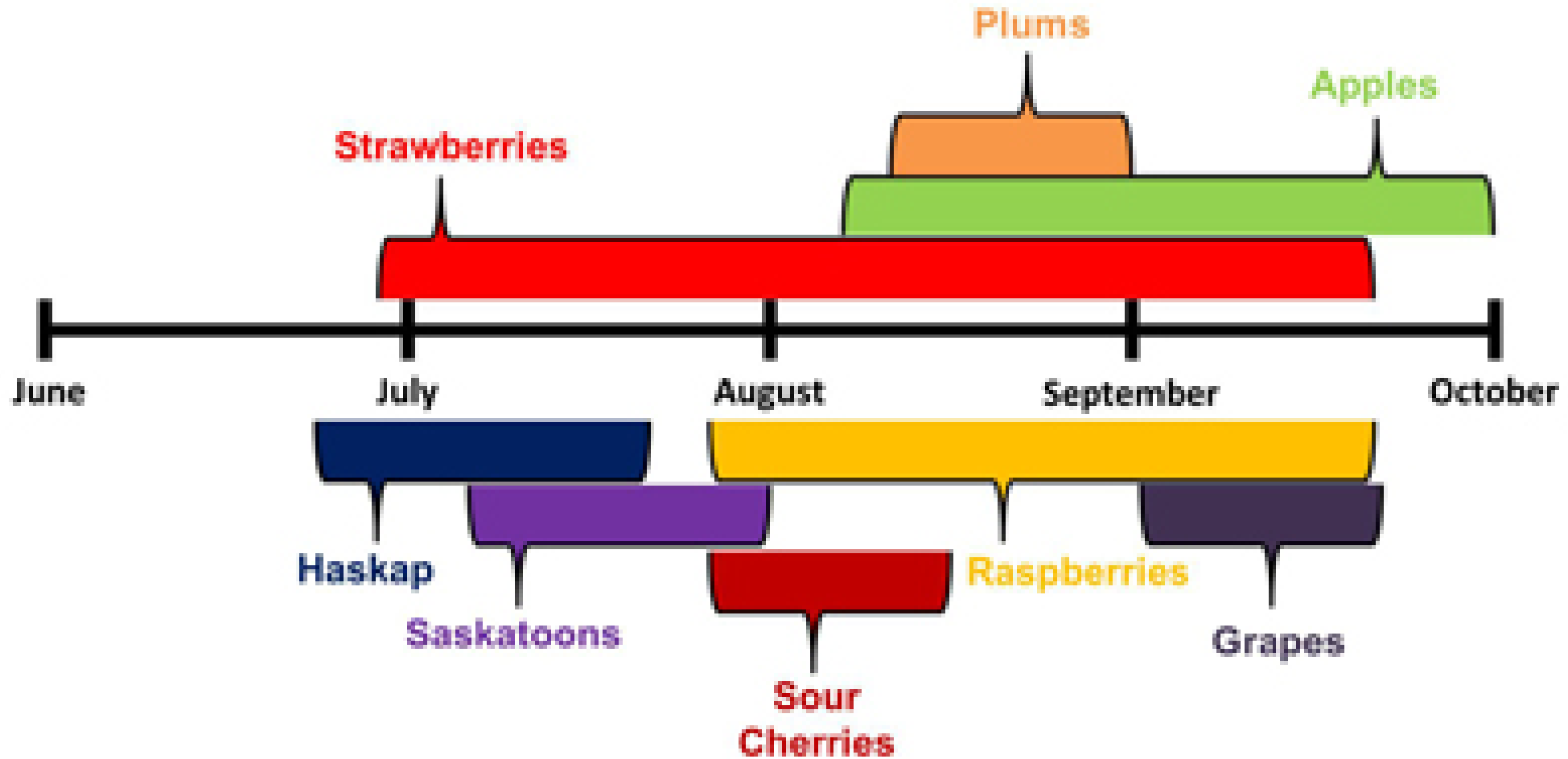


Honeyberry: Pollination Chart

	Tundra	Borealis	Indigo Series	Aurora	Honeybee	Berry Blue	Blue Belle	Cinderella
Tundra	no	no	no	yes	yes	yes	no	yes
Borealis	no	no	no	yes	yes	yes	no	yes
Indigo Series	no	no	no	yes	yes	yes	no	yes
Aurora	yes	yes	yes	no	yes	yes	yes	yes
Honeybee	yes	yes	yes	yes	no	yes	yes	yes
Berry Blue	yes	yes	yes	yes	yes	no	yes	yes
Blue Belle	no	no	no	yes	yes	yes	no	yes
Cinderella	yes	yes	yes	yes	yes	yes	yes	no



Backyard Calendar



Resources

Wild Edibles - extension.umn.edu



UNIVERSITY OF MINNESOTA EXTENSION

Search Extension

Wild edibles



Learn About ▾

Courses

Connect ▾

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About ▾

COVID-19

Extension is expanding its [online education](#) and resources to adapt to COVID-19 restrictions.

Feedback

Wild edibles: Common blue violets

[Home](#) > [News](#) > Wild edibles: Common blue violets

May 12, 2021

Welcome to our summer series on wild edibles! Each week we will introduce you to a wild-grown edible plant and talk about the importance of proper identification, sustainability and etiquette when bringing wild-harvested plants to your table.

< [Natural resources](#)

Forestry

[Become a Master Woodland Owner](#) >

[Agroforestry](#) >

[Goods from your woods](#) >

MN Seasons - <http://minnesotaseasons.com/>



- Home
- Destinations
- Species
 - Amphibians
 - Arachnids
 - Bacteria, Viruses, and Other Pathogens
 - Birds
 - Centipedes and Millipedes
 - Crustaceans


Minnesota Seasons

Overview Season What's New

Destinations

These are locations in Minnesota where native plants, birds, and other wildlife can be viewed. With very few exceptions, these destinations are open to the public.

Visitors can share their own photos, videos, plant and wildlife sightings, and other observations.




Species

Plants

Native, naturalized, invasive, or simply planted—any plant growing outside of cultivation in Minnesota.

More than 800 plant pages include photos, a description, a multi-sourced distribution map, and a list of sites where the plant has been found.



473
Destinations

2,114
Species*

* Species pages may represent a



MN Wildflowers -www.minnesotawildflowers.info



The screenshot shows the homepage of the Minnesota Wildflowers website. At the top left is a navigation menu with links: Home, What's Blooming, Plants by Name, Flowers by Color, Trees, Shrubs, Vines, Ferns and Fern Allies, Grasses, Sedges, Rushes, Aquatics, Rare Plants, Invasive Species, Glossary, and Links. The main header features a search bar for plant names, a link to an advanced plant search, a donation progress bar (goal \$20,000, \$10,158 donated), and social media share icons. The central content area is titled "Minnesota Wildflowers: A Project for Environmental Justice" and contains introductory text about the project's mission and the number of species cataloged. To the right, there are sections for "News & Announcements" (including a link to the 2020 Annual Report and a mobile app) and "Latest updates" (listing Lanceleaf Coreopsis, Plains Coreopsis, Whorled Nutrush, Spearmint, and Northern Paintbrush). A row of five small images of various wildflowers is displayed at the bottom of the main content area.

<https://neveragoosechase.com/about-roy-and-never-a-geese-chase/>

Never A Goose Chase

It's not about what you take. It's about what you get.

About Roy and NAGC

Roy Heilman is a lifelong outdoorsman with a love for storytelling. His unique voice conveys a passion for all the outdoors, and especially of his home state of Minnesota. Fishing, hunting, and foraging topics are of special interest to him, especially when those topics intersect with getting kids outdoors, public lands, and Minnesota's natural resources. An adventurer at heart, he is always looking to **do something new**.



In addition to writing exclusive content for Never A Goose Chase, Roy also produces material on wide-ranging topics for newspapers and magazines.

Publications where his work has appeared include **American Hunter**, **Pointing Dog Journal**, **Minnesota Conservation Volunteer**, **Whitetails Unlimited Magazine**, **Outdoor**

Never A Goose Chase
Named
~AGLOW Best Website 2020~



Subscribe for NAGC Emails

Receive blog updates from NAGC. Your information will not be used for any other purpose.

<https://clovervalleyfarms.com/about/farm-news/>

Foraging in your yard:

- **Cindy Hale: Videos on her website.**
- **Nature in Place: UM Extension – Wild Edibles website.**



The screenshot displays the website's navigation bar with links for 'About', 'Find us', 'Recipes', and 'Home', along with a 'BUY OUR PRODUCTS' button and a shopping cart icon showing '\$0.00 0 items'. Below the navigation, a breadcrumb trail reads 'Home > Farm News'. The main content area features a decorative blue dashed line and a bee illustration. The article title is 'The Wild Ones: Cherry vs. Berry – part 2', posted on August 18, 2020, by Cindy Hale. A photograph of dark cherries on a branch is shown below the title. On the right side, there is a 'Recent News' section with a list of articles: 'The Wild Ones: Cherry vs. Berry – part 2', 'Lambs Quarter – a yummy weed!', 'The Wild Ones: Cherry vs. Berry – part 1', 'Roses By Another Name – spring flowering fruits', and 'Spring Foraged Sauté'. A 'Categories' section is also visible at the bottom right.

[OUTDOOR ADVENTURES](#) // [PARKS & FORESTS](#) // [ARTICLE](#)

EXPLORE MINNESOTA'S GREAT OUTDOORS BY FORAGING

By Joe Albert

[SEE PLACES ON A MAP](#)



From berries to mushrooms to wild rice, Minnesota offers an abundance of native foods for people to harvest and eat. In recent years, as the desire has grown to eat locally sourced food, foraging has become an increasingly popular pastime, allowing people to be outside with a goal in mind during the spring, summer and fall.

Some folks simply like the idea of spending time in the woods and having a chance to find their own food. Others are more purposeful about foraging and use the food items they find as integral ingredients of their meals.

“For me, foraging is an excuse to get outside,” said Josh Carroll, a chef and avid forager from Bloomington.

**FOR ME,
FORAGING IS AN**





Welcome to the Minnesota Mycological Society



P44 Jack-o-Lantern

Emergency Poison Control

📞 [1-800-222-1222](tel:1-800-222-1222)

🐾 [1-888-426-4435](tel:1-888-426-4435)

Schedule announcements:

Our forays and Mushroom Certification Classes are suspended due to the COVID-19 pandemic.

All club meetings will be scheduled as virtual events presented with Zoom until further notice.

UPCOMING EVENTS

MAY	7:00 pm Getting To Know Minnesota Mushrooms @ Virtual MMS Meeting via Zoom
10	
Mon	



z.umn.edu/usfsmushrooms



United States
Department of
Agriculture

Forest Service

Northern
Research Station

General Technical
Report NRS-79

Revised
February 2012

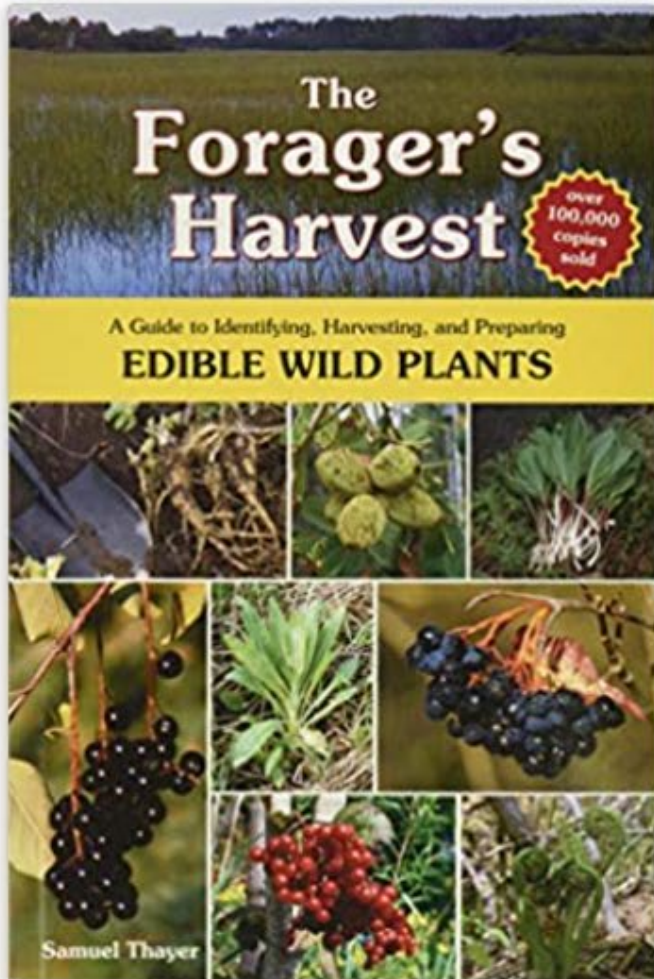


Field Guide to Common Macrofungi in Eastern Forests and Their Ecosystem Functions

Michael E. Ostry
Neil A. Anderson
Joseph G. O'Brien



Look inside ↓



The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants

Paperback – Illustrated, May 15, 2006

by Samuel Thayer (Author)

★★★★☆ 2,177 ratings

[See all formats and editions](#)

Kindle
\$12.63

Paperback
\$13.30 ✓prime

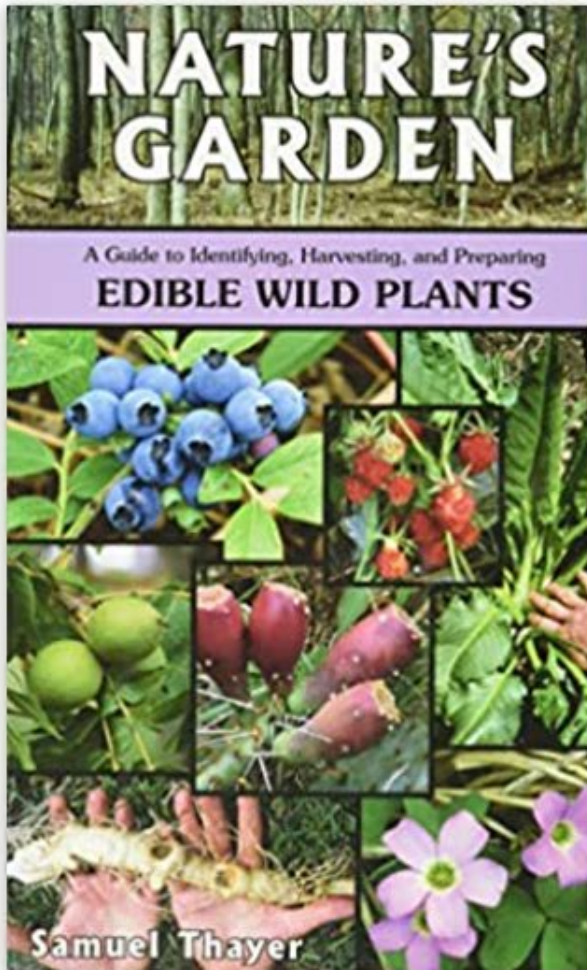
Read with Our **Free App**

24 Used from \$8.99

32 New from \$13.30

1 Collectible from \$780.00

A guide to 32 of the best and most common edible wild plants in North America, with detailed information on how to identify them, where they are found, how and when they are harvested, which parts are used, how they are prepared, as well as their culinary use, ecology, conservation, and cultural history.



Nature's Garden: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants

Paperback – Illustrated, March 1, 2010

by [Samuel Thayer](#) (Author)

★★★★★ 862 ratings

[See all formats and editions](#)

Paperback

\$18.99 ✓prime

18 Used from \$13.08

29 New from \$14.95

A detailed guide to 41 of the most widespread wild foods in North America, covering how to find and identify them, which parts are used, when and how to harvest them, and how to prepare them for the table. The cultural and natural history of the plants are also discussed. There is no overlap between the plants covered in this book and *The Forager's Harvest*.

Look inside ↓

Wild BERRIES & FRUITS

MINNESOTA, WISCONSIN & MICHIGAN
Field Guide



2nd Edition
Teresa Marrone

Wild Berries & Fruits Field Guide of Minnesota, Wisconsin & Michigan (Wild Berries & Fruits Identification Guides) Paperback – June 12, 2018

by [Teresa Marrone](#) (Author)

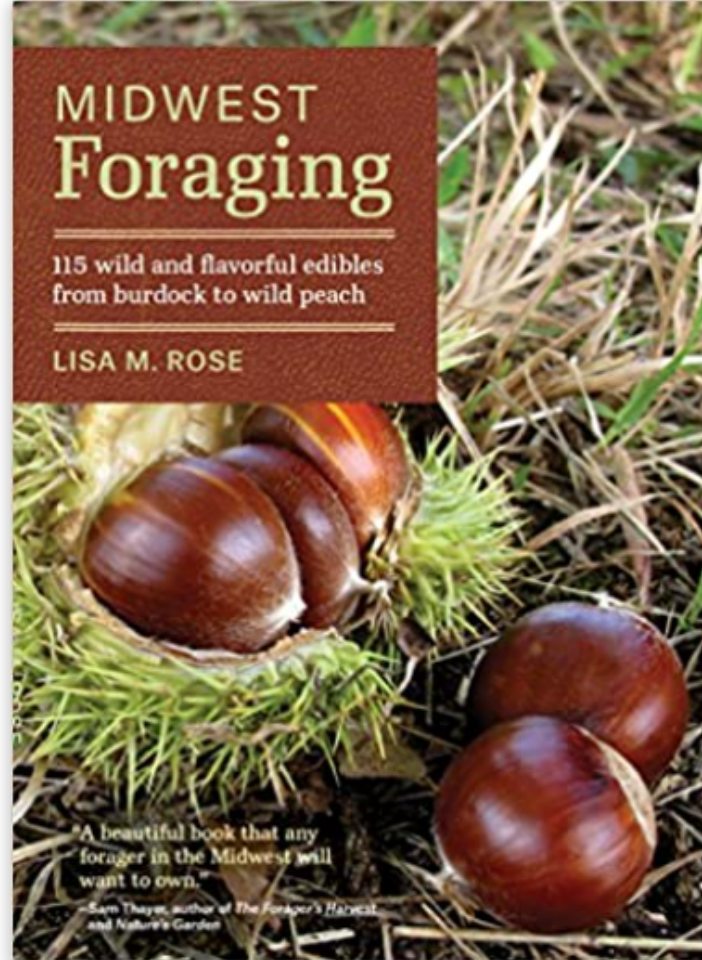
★★★★★ 258 ratings

Part of: [Wild Berries & Fruits Identification Guides \(2 Books\)](#)

Now you can identify wild berries and fruits!

Learn what's edible and what to avoid with this easy-to-use field guide. The nearly 200 species in this revised and updated book are organized by color, then by form, so when you see something in the field, you'll know just where to look to learn more about it. Full-page photos and insets show each plant's key identification points, while detailed descriptions give you the information you need to know. Interesting tidbits about the plants' many uses, range maps, a ripening calendar, and more make this an indispensable guide for Minnesota, Wisconsin, and Michigan foragers. Teresa Marrone has been gathering and preparing wild edibles for more than 20 years. Let her share that experience with you.

Look inside ↴



 Listen

Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) Paperback – June 24, 2015

by Lisa M. Rose ▾ (Author)

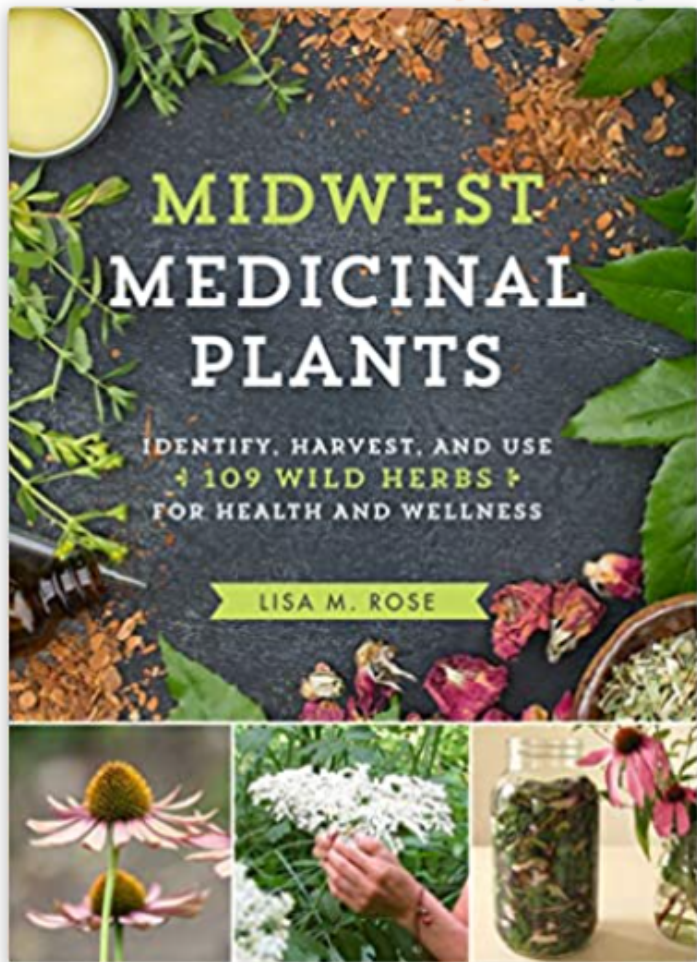
★★★★★ ▾ 790 ratings

Part of: [Regional Foraging Series \(7 Books\)](#)

“This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers.” —*Edible Chicago*

The Midwest offers a veritable feast for foragers, and with Lisa Rose as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in *Midwest Foraging* include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Illinois, Indiana, Iowa, Minnesota, Michigan, Missouri, Nebraska, Ohio, South Dakota, and North Dakota.

Look inside ↓



Midwest Medicinal Plants: Identify, Harvest, and Use 109 Wild Herbs for Health and Wellness Paperback – June 28, 2017

by Lisa M. Rose (Author)

★★★★★ 496 ratings

“This comprehensive, accessible, full-color guide includes plant profiles, step-by-step instructions for essential herbal remedies and seasonal foraging tips.” —*Natural Awakenings Chicago*

In *Midwest Medicinal Plants*, Lisa Rose is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Ohio, and Wisconsin.

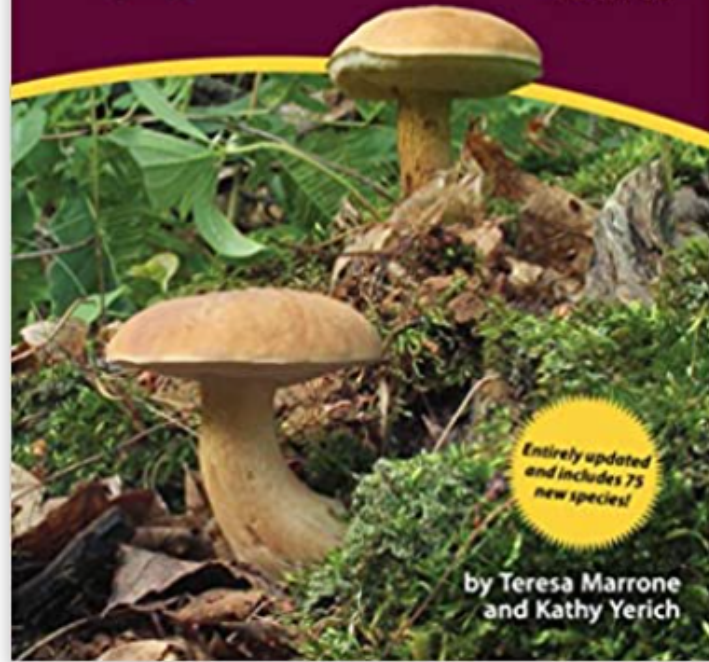
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Look inside ↓

A SIMPLE GUIDE TO COMMON MUSHROOMS

Mushrooms of the Upper Midwest

2ND EDITION



Mushrooms of the Upper Midwest: A Simple Guide to Common Mushrooms (Mushroom Guides) Paperback – February 25, 2020

by [Teresa Marrone](#) (Author), [Kathy Yerich](#) (Author)

★★★★★ 580 ratings

Part of: [Mushroom Guides](#) (3 Books)

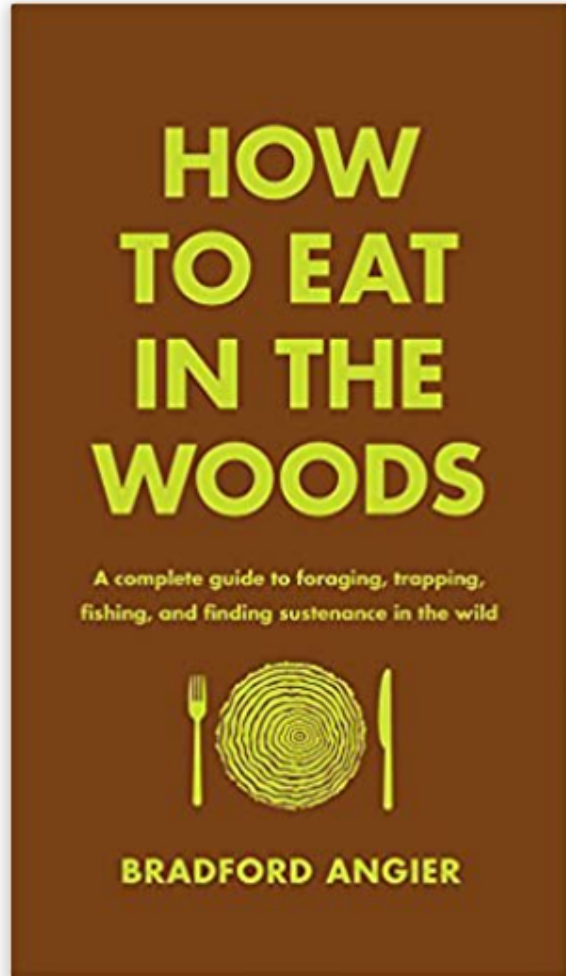
A Great Visual Guide to Mushrooms!

Mushrooms of the Upper Midwest includes the states of Illinois, Indiana, Iowa, Michigan, Minnesota, North Dakota, South Dakota, and Wisconsin.

Hundreds of full-color photographs with easy-to-understand text make this a perfect visual guide.

- species organized by shape, then by color
- identify mushrooms by their visual characteristics
- begin to learn which mushrooms are edible and which are toxic with the *Top Edibles* and *Top Toxics* sections
- information accessible to beginners but useful for even experienced mushroom seekers
- includes nearly 400 common species

Look inside ↴



How to Eat in the Woods: A Complete Guide to Foraging, Trapping, Fishing, and Finding Sustenance in the Wild Hardcover – Illustrated, March 15, 2016

by Bradford Angier (Author), Jon Young

★★★★☆ 873 ratings

Part of: [In the Woods \(2 Books\)](#)

A comprehensive, practical, and reliable guide to staying alive in the woods and living off the land, by one of the most respected wilderness survivalists.

With text by wilderness survivalist, Bradford Angier, the information in *How to Eat in the Woods* is tried, trusted, and true. One of the most complete books written on the subject, this portable guide includes essential information on how to track, trap, kill, and prepare various types of animals; select bait, land fish, and clean and cook the catch; recognize edible plants, fruits, berries, and nuts; locate bird eggs; catch edible insects; and find potable water. Also included is information on building a fire and preparing food without utensils.



Minnesota Harvester Handbook

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MN Harvester Handbook....z.umn.edu/mhh

- Table of Contents by products and season
- Basic Tips – Social, Markets and Policy
- Each section reviews biology and ecology
- Edible Mushrooms (8)
- Bark, Sticks and Woods (6)
- Edible Greens and Berries (4)
- Holiday Decorations (4)
- Saps and Syrup



*Above: This cone is ready for a wreath.
Photo by D. Wilsey.*

z.umn.edu/perennialfruit



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Perennial Fruit



Lead author: Thaddeus McCamant, Specialty Crops Instructor, Central Lakes College, Staples, MN

Contributing author: Sadie Schroeder, Conservation Coordinator at Sauk County Conservation

Most of Minnesota lies within the USDA hardiness zones 3 and 4, and gardeners often wish they could grow a larger variety of fruit. Cold winters kill or harm trees and branches, while short growing seasons prevent certain crops from properly maturing. In spite of these shortcomings, a surprising diversity of new and unusual crops can grow here. Some crops grow better here than in surrounding states, and the number of Zone 3 and 4 crops available to plant is increasing. In some cases, crops that were forgotten by older generations are being rediscovered; while in other cases, cold hardy varieties and species are being introduced from Eastern Europe and Asia. Meanwhile, some native plants with commercial potential are still being domesticated. A major driving force behind the growth in new crops is the recently discovered and rediscovered health benefits of berries and other fruits.

Our current base of knowledge for these emerging crops is extremely small compared to crops like apples or

Order print copies of Perennial Fruit!

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Related Resources

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Fruits reviewed:

- Actinidia (Hardy Kiwis, Bower and Silver Vine)
- Black Chokeberry (Aronia)
- Chokecherries
- Currents (Red, Black and Clove)
- Elderberries
- Goji Berries (Wolf Berries)
- Gooseberries/Jostaberries
- Honeyberries (Haskap, Blue Honeysuckle)
- Nanking Cherries **And More.....**

Resources

- Edible fruits and nuts: z.umn.edu/edibles
- Community Food Forests: z.umn.edu/cfoodforests
- MN Harvester Handbook: z.umn.edu/mhh
- UM Fruit: z.umn.edu/umfruit
- Perennial Fruit: z.umn.edu/perennialfruit





Thanks for joining us today!

Questions?

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