

Wild Useful Plants in Conservation Easement at Living Well Community

Species	Common Name	Layer	Useful Part
<i>Acer negundo</i>	Boxelder	Lg Tree	Sap/Wood
<i>Acer rubrum</i>	Red Maple	Lg Tree	Sap/Wood
<i>Acer saccharum</i>	Sugar Maple	Med/Lg Tree	Sap/Wood
<i>Carya alba</i> or <i>tomentosa</i>	Mockernut	Lg Tree	Nuts
<i>Carya cordiformis</i>	Bitternut	Lg Tree	Nuts
<i>Celtis laevigata</i>	Sugarberry	Lg Tree	Fruit
<i>Fraxinus pennsylvanica</i>	Green Ash	Lg Tree	Wood
<i>Ulmus rubra</i>	Slippery Elm	Med Tree	Inner Bark/Wood
<i>Carpinus caroliniana</i>	American Hornbeam	Med Tree	Wood
<i>Ostrya virginiana</i>	Eastern Hop Hornbeam	Med	Wood
<i>Asimina triloba</i>	Pawpaw	Med Tree	Fruit
<i>Liriodendron tulipifera</i>	Tulip Poplar	Lg Tree	Wood/Bark
<i>Prunus serotina</i>	Black Cherry	Med Tree	Wood/Bark/Fruit
<i>Plantanus occidentalis</i>	Sycamore	Lg Tree	Wood/Sap
<i>Juglans nigra</i>	Black Walnut	Lg Tree	Nuts/Wood/Husks/Sap
<i>Fagus grandifolia</i>	American Beech	Lg Tree	Nuts/Wood/young leaves
<i>Pinus taeda</i>	Loblolly Pine	Lg Tree	Needles, Sap
<i>Pinus virginiana</i>	Virginia Pine	Lg Tree	Needles, Sap
<i>Betula nigra</i>	River Birch	Lg Tree	Wood/Sap
<i>Morus rubra</i>	Red Mulberry	Lg Tree	Fruit/Wood
<i>Juniperus virginiana</i>	Red Cedar	Small Tree	Berries/Wood
<i>Quercus alba</i>	White Oak	Lg Tree	Nuts/Bark/C
<i>Quercus falcata</i>	Southern Red Oak	Lg Tree	Nuts/Bark/C
<i>Quercus marilandica</i>	Blackjack Oak	Lg Tree	Nuts/Bark/C
<i>Quercus rubra</i>	Northern Red Oak	Lg Tree	Nuts/Bark/C
<i>Quercus phellos</i>	Willow Oak	Lg Tree	Nuts/Bark/C
<i>Castanea pumila</i>	Chinquapin	Lg Shrub	Nuts
<i>Hamamelis virginiana</i>	Witch Hazel	Small Tree	Bark, Leaves
<i>Cornus florida</i>	Flowering Dogwood	Small Tree	Berries/Bark/Wood
<i>Eleagnus Umbellata</i>	Autumn Olive	Small Tree	Berries
<i>Viburnum prunifolium</i>	Black Haw	Small Tree	Bark, Leaves
<i>Sassafras albidum</i>	Sassafras	Med Tree	Leaves/Roots
<i>Cercis canadensis</i>	Redbud	Small Tree	Flowers, Young pods
<i>Corylus americana</i>	American hazel	Lg Shrub	Nuts/Wood
<i>Oxydendron arboreum</i>	Sourwood	Small/Med Tree	Leaves/Wood
<i>Lindera benzoin</i>	Spicebush	Med Shrub	Aerial Parts
<i>Berberis thunbergii</i>	Japanese barberry	Small shrub	root, fruit
<i>Diospyros virginiana</i>	American persimmon	Med Tree	Fruit/Wood
<i>Rhus</i> spp.	Sumac	Small Tree	Fruit
<i>Ulmus alata</i>	Wing Elm	Med Tree	Samara, Seed/Leaves/Wood
<i>Ligustrum sinense</i>	Privet	Lg Shrub	Leaves
<i>Rosa multiflora</i>	Multiflora Rose	Med Shrub	Flowers/Hips
<i>Solidago</i> spp.	Goldenrod	Tall Herb	Flowers, Leaves
<i>Boehmeria cylindrica</i>	False Nettle	Tall Herb	Aerial Parts
<i>Laportea canadensis</i>	Woodnettle	Tall Herb	Aerial Parts
<i>Phytolacca americana</i>	Pokeweed	Tall Herb	Young Shoots/Roots
	Perula Mint	Short Herb	Leaves

Glechoma heteracea	Ground Ivy	Creeping Herb	Leaves
Viola spp.	Violets	Short Herb	Leaves, Flowers
Solanum nigrum	Black Nightshade	Short Herb	Fruit, Young shoots
Prenanthes serpentina	Wild Lettuce	Short Herb	Leaves
Galium aparine	Cleavers	Short Herb	Leaves
Fragaria vesca	Woodland Strawberry	Creeping Herb	Fruit
Polygonum spp.	Smartweeds	Creeping Herb	Leaves, Flowers
Asarum canadense	Annual Wild Ginger	Creeping Herb	Roots
Hexastylis arifolia	Perennial Wild Ginger	Creeping Herb	Roots
Rubus flagellaris	Dewberry	Vine	Fruit
Rubus alleghensis	Blackberry	Vine	Fruit
Lonicera japonica	Japanese Honeysuckle	Vine	Flowers
Smilax rotundifolia	Common Greenbrier	Vine	Young Shoots
Smilax bona-nox	Catbrier	Vine	Young Shoots/Roots
Smilax glauca	Greenbrier	Vine	Young Shoots
Vitis rotundifolia	Muscadine Grape	Vine	Fruit
Sambucus canadensis	Elderberry	Small Tree	Fruit/Flower
Prunella vulgaris	Heal-all	Short Herb	Leaves
Ilex opaca	American Holly	Med Tree	Leaves
Potentilla spp.	Cinquefoil	Short Herb	Leaves
Passiflora lutea	Passionflower	Vine	Flowers/Fruit
Taraxacum officinale	Dandelion	Short Herb	Flowers, Leaves
Typhus spp.	Cattail	Tall Herb	Root, Shoot, Flower, Pollen
Stellaria spp.	Chickweed	Creeping Herb	Leaves
Allium spp.	Wild Onions	Short Herb	Greens, Root
Cersium spp.	Thistle	Short Herb	Root, Leaves
Oxalis montana	Wood Sorrel	Short Herb	Leaves
Rumex spp.	Dock	Short Herb	Leaves, Roots
Erythronium umbellicatum	Trout Lily	Short Herb	Root, Leaves
Actaea racemosa	Black Cohosh	Tall Herb	
Sanguinaria canadensis	Bloodroot	Short Herb	Root
Lobelia inflata	Indian Tobacco	Short Herb	Leaves
	Stinging Nettle		
	Narrow Leaf Plantain		
	Broad Leaf Plantain		
	Purple Dead Nettle		
	Henbit		
	Creeping Charlie		
	Evening Primrose		
	Cress		
	Sheep Sorrel		
	Lamb's Quarters		
	Amaranths		
	Sow Thistle		
	May Apple		
	Wild Blueberry		
	Bullrush		
	Shagbark Hickory		
	Black Willow		
	White Clover		
	Black Locust		
	Honey Locust		

Mimosa

Use(s)	Frequency	Notes
Sugar/C	Common	
Sugar/C	Common	
Sugar/C	Common	usually medium sized
Food	Occasional	
Food	Occasional	
Food	Infrequent	
C	Common	
Med, Food/C	Occasional	
C	Occasional	
C	Occasional	
Food	Infrequent	In groves along Sandy Creek and Deep River
C/Med	Common	
C/Med/Food	Occasional	
C/Emergency Water	Occasional	
Food/C/Med/Sugar	Occasional	
Food/C	Common	
Med	Infrequent	difficult access
Med	Infrequent	difficult access
C/Sugar	Infrequent	
Food/C	Rare	
Tea/Timber	Occasional	
Food/Med/C	Occasional	*best coppicing oak Often in small groves
Food/Med/C	Occasional	
Food/Med/C	Rare	
Food/Med/C	Rare	
Food/Med/C	Occasional	
Food	Rare	
Med	Rare	
Food/Med/C	Rare	
Food	Rare	
Med	Infrequent	
Food/Med	Occasional	
Food	Occasional	
Food/C	Occasional	patchy
Food/C	Occasional	
Food, Med	Common	
Med	Rare	one specimen along creek
Food/C	Rare	
Tea	Infrequent	
Food/Goat fodder/C	Common	
Goat fodder	Common	
Food/Med	Common	
Med	Common	
Med	Common	
Food, Med	Occasional	
Food/Med	Common	
Food	Common	

Med	Common	
Food	Common	
Food	Infrequent	
Food	Infrequent	
Food/Med	Infrequent	
Food	Infrequent	
Food	Common	
Med	Common	
Med	Common	
Food	Common	
Food	Common	
Food/Med	Common	
Food	Common	
Food	Common	
Food	Common	
Food	Common	
Food/Med	Rare	
Med	?	
Tea	Infrequent	
Med	?	
Med/Food	Variable	
Food/Med	Common	
Food	?	
Food	Variable	in disturbed areas
Food, Med	common	
Food	?	
Food	common	
Food, Med	common	
Food	Common	
Med	Variable	
Med	Variable	
Med	?	