

Wild Useful Plants in Conservation Easement at Living Well Community

Species	Common Name	Layer	Useful Part	Use(s)	Frequency	Notes
<i>Acer negundo</i>	Boxelder	Lg Tree	Sap/Wood	Sugar/C	Common	
<i>Acer rubrum</i>	Red Maple	Lg Tree	Sap/Wood	Sugar/C	Occasional	
<i>Acer saccharum</i>	Sugar Maple	Med/Lg Tree	Sap/Wood	Sugar/C	Common	medium sized
<i>Actaea racemosa</i>	Black Cohosh	Tall Herb				
<i>Allium</i> spp.	Wild Onions	Short Herb	Greens, Root	Food, Med	?	
<i>Asarum canadense</i>	Annual Wild Ginger	Creeping Herb	Roots	Med	Common	
<i>Asimina triloba</i>	Pawpaw	Med Tree	Fruit	Food	Infrequent	
<i>Berberis thunbergii</i>	Japanese barberry	Small shrub	root, fruit	Med	Rare	specimen along creek
<i>Betula nigra</i>	River Birch	Lg Tree	Wood/Sap	C/Sugar	Infrequent	
<i>Boehmeria cylindrica</i>	False Nettle	Tall Herb	Aerial Parts	Med	Common	
<i>Carpinus caroliniana</i>	American Hornbeam	Med Tree	Wood	C	Occasional	
<i>Carya alba</i> or <i>tomentosa</i>	Mockernut	Lg Tree	Nuts	Food	Occasional	
<i>Carya cordiformis</i>	Bitternut	Lg Tree	Nuts	Food	Occasional	
<i>Castanea pumila</i>	Chinquapin	Lg Shrub	Nuts	Food	Rare	
<i>Celtis laevigata</i>	Sugarberry	Lg Tree	Fruit	Food	Infrequent	
<i>Cercis canadensis</i>	Redbud	Small Tree	Flowers, Young pods	Food	Occasional	
<i>Cersium</i> spp.	Thistle	Short Herb	Root, Leaves	Food	?	
<i>Cornus florida</i>	Flowering Dogwood	Small Tree	Berries/Bark/Wood	Food/Med/C	Rare	
<i>Corylus americana</i>	American hazel	Lg Shrub	Nuts/Wood	Food/C	Occasional	patchy
<i>Diospyros virginiana</i>	American persimmon	Med Tree	Fruit/Wood	Food/C	Rare	
<i>Eleagnus Umbellata</i>	Autumn Olive	Small Tree	Berries	Food	Rare	
<i>Erythronium umbellicatum</i>	Trout Lily	Short Herb	Root, Leaves	Food	Common	
<i>Fagus grandifolia</i>	American Beech	Lg Tree	Nuts/Wood	Food/C	Occasional	patchy
<i>Fragaria vesca</i>	Woodland Strawberry	Creeping Herb	Fruit	Food	Infrequent	
<i>Fraxinus pennsylvanica</i>	Green Ash	Lg Tree	Wood	C	Common	
<i>Galium aparine</i>	Cleavers	Short Herb	Leaves	Food/Med	Infrequent	
<i>Glechoma heteracea</i>	Ground Ivy	Creeping Herb	Leaves	Med	Common	

<i>Hamamelis virginiana</i>	Witch Hazel	Small Tree	Bark, Leaves	Med	Rare	
<i>Hexastylis arifolia</i>	Perennial Wild Ginger	Creeping Herb	Roots	Med	Common	
<i>Ilex opaca</i>	American Holly	Med Tree	Leaves	Tea	Infrequent	
<i>Juglans nigra</i>	Black Walnut	Lg Tree	Nuts/Wood/Husks/Sap	Food/C/Med/Sugar	Occasional	
<i>Juniperus virginiana</i>	Red Cedar	Small Tree	Berries/Wood	Tea/Timber	Rare	
<i>Laportea canadensis</i>	Woodnettle	Tall Herb	Aerial Parts	Food, Med	Occasional	
<i>Ligustrum sinense</i>	Privet	Lg Shrub	Leaves	Goat fodder	Common	
<i>Lindera benzoin</i>	Spicebush	Med Shrub	Aerial Parts	Food, Med	Common	
<i>Liriodendron tulipifera</i>	Tulip Poplar	Lg Tree	Wood/Bark	C/Med	Common	
<i>Lobelia inflata</i>	Indian Tobacco	Short Herb	Leaves	Med	?	
<i>Lonicera japonica</i>	Japanese Honeysuckle	Vine	Flowers	Food/Med	Common	
<i>Morus rubra</i>	Red Mulberry	Lg Tree	Fruit/Wood	Food/C	Rare	
<i>Ostrya virginiana</i>	Eastern Hop Hornbeam	Med	Wood	C	Occasional	
<i>Oxalis montana</i>	Wood Sorrel	Short Herb	Leaves	Food	?	
<i>Oxydendron arboreum</i>	Sourwood	Small/Med Tree	Leaves/Wood	Food/C	Infrequent	
<i>Passiflora lutea</i>	Passionflower	Vine	Flowers/Fruit	Med/Food	?	
<i>Perula</i>	Perula Mint	Short Herb	Leaves	Food	Common	
<i>Phytolacca americana</i>	Pokeweed	Tall Herb	Young Shoots/Roots	Food/Med	Common	
<i>Pinus taeda</i>	Loblolly Pine	Lg Tree	Needles, Sap	Med	Infrequent	difficult access
<i>Pinus virginiana</i>	Virginia Pine	Lg Tree	Needles, Sap	Med	Infrequent	difficult access
<i>Plantanus occidentalis</i>	Sycamore	Lg Tree	Wood/Sap	C/Emergency Water	Occasional	
<i>Polygonum spp.</i>	Smartweeds	Creeping Herb	Leaves, Flowers	Food	Common	
<i>Potentilla spp.</i>	Cinquefoil	Short Herb	Leaves	Med	?	
<i>Prenanthes serpentina</i>	Wild Lettuce	Short Herb	Leaves	Food	Infrequent	
<i>Prunella vulgaris</i>	Heal-all	Short Herb	Leaves	Med	?	
<i>Prunus serotina</i>	Black Cherry	Med Tree	Wood/Bark/Fruit	C/Med/Food	Infrequent	
<i>Quercus alba</i>	White Oak	Lg Tree	Nuts/Bark/C	Food/Med/C	Rare	*best coppicing oak

<i>Quercus falcata</i>	Southern Red Oak	Lg Tree	Nuts/Bark/C	Food/Med/C	Infrequent	
<i>Quercus marilandica</i>	Blackjack Oak	Lg Tree	Nuts/Bark/C	Food/Med/C	Rare	
<i>Quercus phellos</i>	Willow Oak	Lg Tree	Nuts/Bark/C	Food/Med/C	Occasional	
<i>Quercus rubra</i>	Northern Red Oak	Lg Tree	Nuts/Bark/C	Food/Med/C	Rare	
<i>Rhus</i> spp.	Sumac	Small Tree	Fruit	Tea	Infrequent	
<i>Rosa multiflora</i>	Multiflora Rose	Med Shrub	Flowers/Hips	Food/Med	Common	
<i>Rubus alleghensis</i>	Blackberry	Vine	Fruit	Food	Common	
<i>Rubus flagellaris</i>	Dewberry	Vine	Fruit	Food	Common	
<i>Rumex</i> spp.	Dock	Short Herb	Leaves, Roots	Food, Med	?	
<i>Sambucus canadensis</i>	Elderberry	Small Tree	Fruit/Flower	Food/Med	Rare	
<i>Sanguinaria canadensis</i>	Bloodroot	Short Herb	Root	Med	?	
<i>Sassafras albidum</i>	Sassafras	Med Tree	Leaves/Roots	Food/Med	Occasional	
<i>Smilax bona-noz</i>	Catbrier	Vine	Young Shoots/Roots	Food	Common	
<i>Smilax glauca</i>	Greenbrier	Vine	Young Shoots	Food	Common	
<i>Smilax rotundifolia</i>	Common Greenbrier	Vine	Young Shoots	Food	Common	
<i>Solanum nigrum</i>	Black Nightshade	Short Herb	Fruit, Young shoots	Food	Infrequent	
<i>Solidago</i> spp.	Goldenrod	Tall Herb	Flowers, Leaves	Med	Common	
<i>Stellaria</i> spp.	Chickweed	Creeping Herb	Leaves	Food	?	
<i>Taraxacum officinale</i>	Dandelion	Short Herb	Flowers, Leaves	Food/Med	?	
<i>Typhus</i> spp.	Cattail	Tall Herb	Root, Shoot, Flower, Pollen	Food	?	
<i>Ulmus alata</i>	Wing Elm	Med Tree	Samara, Seed/Leaves/Wood	Food/Goat fodder/C	Occasional	
<i>Ulmus rubra</i>	Slippery Elm	Med Tree	Inner Bark/Wood	Med, Food/C	Occasional	
<i>Viburnum prunifolium</i>	Black Haw	Small Tree	Bark, Leaves	Med	Infrequent	
<i>Viola</i> spp.	Violets	Short Herb	Leaves, Flowers	Food	Common	
<i>Vitis rotundifolia</i>	Muscadine Grape	Vine	Fruit	Food	Common	