

Botanical Name	Common Name	Native to Mass?	Type of plant	Preferred habitat	Comments
<i>Acer negundo</i>	Box Elder	Yes	small to medium tree	wetlands and other damp areas; floodplains	a species of Maple; sap may be tapped + boiled down for syrup
<i>Acer rubrum</i>	Maple, Red	Yes	medium to large tree	red maple swamps (of course)	can be tapped for sap like Sugar Maple
<i>Acer saccharinum</i>	Maple, Silver	Yes	medium to large tree	forested floodplains and other wet ground	can be tapped for sap like Sugar Maple
<i>Acer saccharum</i>	Maple, Sugar	Yes	medium to large tree	hardwood forests; roadsides	sap is source of maple syrup and sugar
<i>Acorus americanus</i>	Sweet Flag (Calamus)	Yes	herbaceous perennial	wet fields and meadows; sunny wetlands; along waterways	the similarly-appearing <i>A. calamus</i> is apparently non-native to MA
<i>Allium tricoccum</i>	Wild Leek (Ramps)	Yes	herbaceous perennial	rich woods	over-collecting by commercial diggers is harming ramps + habitat - pick 1 leaf/plant only
<i>Amelanchier</i> spp.	Juneberry/Shadbush	Yes	Shrub/small tree	likes to grow near water, but often planted in parks and other landscaped areas	fruit ripe in late June; flavor is a cross between cherries and almonds
<i>Amphicarpaea bracteata</i>	Hog Peanut	Yes	herbaceous perennial vine	damp spots in woods w/ some sun; often on old woods roads	small subterranean tubers are available from late summer onward; tiny peas are edible too
<i>Angelica atropurpurea</i>	Angelica	Yes	herbaceous perennial to 6 ft -large spherical flower cluster	wet ground along rivers and streams, in full or partial sun	
<i>Angelica lucida</i>	Seacoast Angelica	Yes	herbaceous perennial	rocky areas near the ocean	
<i>Apios americana</i>	Groundnut	Yes	herbaceous perennial vine	damp sandy, open areas, often near waterways	edible tubers (available year-round) + beans
<i>Argentina (Potentilla) egedii</i>	Silverweed, Saltmarsh	Yes	herbaceous perennial	salt marshes - a closely-related species (<i>A. anserina</i>) may grow elsewhere	starchy root is edible - leaves may be used for tea
<i>Asarum canadense</i> *(see NOTE)	Wild Ginger*(see NOTE)	Yes	herbaceous perennial	rich woods	*NOTE: while the plant's roots give off a gingery aroma, the plant has carcinogens so DO NOT CONSUME
<i>Asclepias syriaca</i>	Milkweed, Common	Yes	herbaceous perennial	old fields; field edges; roadsides	plant has at least four parts that are edible after boiling 7 minutes
<i>Asimina triloba</i>	Pawpaw	No*	small tree (to 20 ft.)	understory tree in rich	non-native to MA - Native to Zone 7+, but

				woods	will grow in sheltered microclimates to Zone 5
Atriplex spp.	Orache	Yes*	annual herb	Grows at/just above the "wrack" (high tide) line	A. patula is non-native to MA; A. cristata and littoralis are native; young leaves are edible
Betula alleghaniensis	Yellow Birch	Yes	medium to large tree	hardwood forests	peeled twigs used for tea - sap can be drunk or boiled down to a molasses-like syrup
Betula lenta	Black Birch	Yes	medium to large tree	pioneer species for cleared areas and regenerating forest	peeled twigs used for tea - sap can be drunk or boiled down to a molasses-like syrup
Bistorta vivipara (Polygonum viviparum)	Alpine Bistort	No	herbaceous perennial	mountain summits and open rocky cold areas	Only occurs in colder microclimates in northern New England + further north - "rare" status in ME+NH
Caltha palustris	Marsh Marigold (Cowslip)	Yes	herbaceous perennial - spring ephemeral wildflower	wooded swamps, usually near small streams	young leaves harvested sparingly before the plants bloom are edible after boiling
Cardamine (Dentaria) spp.	Toothwort	Yes	herbaceous perennial - spring ephemeral wildflower	understory plant in rich woods	root has horseradish flavor - be careful not to disturb listed (protected) species in the genus
Carya ovata	Hickory, Shagbark	Yes	medium to large tree	roadsides, field edges, hardwood forests	best trees for foraging are in the open and get lots of sun - nuts ripen in late September
Castanea dentata	Chestnut, American	Yes	small to medium tree (before blight hits them)	hardwood forests; field edges; roadsides	trees can occasionally get large enough to produce viable nuts before blight hits
Ceanothus americanus	New Jersey Tea	Yes	herb	fields and field and road edges	leaves used for tea
Celtis occidentalis	Hackberry	Yes	medium-sized tree	damp areas with some good sun exposure; will grow near water	both thin-fleshed fruit and starchy seed are edible
Cercis canadensis	Redbud	No	small tree (to 15 feet)	understory tree in limey or fertile soil	not native to MA - Found only in SW N.E. + further south, but will grow to Zone 5
Chamaepericlymenum canadense	Bunchberry	Yes	ground cover about 5-6" high	northern and otherwise cooler woodlands; likes some sun	red berries are almost tasteless but edible
Chamerion (Epilobium) angustifolium	Fireweed	Yes	annual?	pioneer species following fires or clearcuts - like cool climate	young shoots and pith in older stems are edible
Chenopodium capitatum	Strawberry-Blite	No	annual	rocky areas, esp. near the ocean	more likely to be spotted in northern New England and further northward
Claytonia virginica + caroliniana	Spring Beauty	Yes*	herbaceous perennial - spring ephemeral wildflower	rich woods and wooded floodplains - generally not found in acidic soils	*C. virginica listed as endangered in MA - edible tubers ("fairy spuds") and foliage

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<i>Clintonia borealis</i>	Clintonia (Corn Lily or Blue Bead Lily)	Yes	herbaceous perennial ground cover	common in acidic woodlands in N. NE and cool woods further S	young (to 3") leaves are edible and taste like cucumber
<i>Comptonia peregrina</i>	Sweet Fern	Yes	Small shrub	open areas; sandy/gravelly soil	leaves used for tea; small seeds are edible too
<i>Corylus americana</i>	Hazelnut, Common	Yes	shrub	old fields, clearings, roadsides, often under power lines	nuts are ripe the second week of September
<i>Corylus cornuta</i>	Hazelnut, Beaked	Yes	shrub	old fields, clearings, roadsides, often under power lines	overlaps with but tends to range further north than <i>C. americana</i>
<i>Crataegus</i> spp.	Hawthorn	Yes*	medium to large shrub	old fields and field edges	fruits are red when ripe and vary in size and flavor
<i>Diospyros virginiana</i>	Persimmon	No*	medium-sized tree	old fields	non-native to MA - Native to Zone 7+ but will grow in lower-numbered zones in suitable microclimates
<i>Epigaea repens</i>	Trailing Arbutus (Mayflower)	Yes	prostrate plant	openings in acidic woodlands; sloping sides of paths + woods roads - likes some sun	edible part are the spicy-scented flowers, which are the state flower of MA
<i>Erythronium americanum</i>	Trout Lily, Dogtooth Violet	Yes	herbaceous perennial - spring ephemeral wildflower	rich woods; wooded floodplains; woods with rich humus layer	plant is reputedly nausea-inducing if you eat too much
<i>Fagus grandifolia</i>	Beech	Yes	medium to large tree	often found in hardwood forests	nuts ripen in September; best trees for foraging grow in the open
<i>Fragaria virginiana</i>	Wild Strawberry	Yes	herb to 2" high	old fields; mowed areas; roadsides	the fruit are small nut delectable; species likes cooler climate
<i>Gaultheria hispidula</i>	Creeping Snowberry	Yes	prostrate, diminutive vine -	cool, partial-to-full sun spots - often on old tree stumps	white berries the same size and flavor of wintergreen "Tic-Tacs"
<i>Gaultheria procumbens</i>	Wintergreen	Yes	perennial to 5" high	ground cover in acidic woodlands - can tolerate sun	leaves used for tea - berries also edible (though not very sweet)
<i>Gaylussacia baccata</i>	Huckleberry, Black	Yes	small shrub (to 3' tall)	acidic woodlands and clearings common understory plant in oak	black fruit ripens a bit later than blueberries

				forests	
<i>Gaylussacia frondosa</i>	Dangleberry (Blue Huckleberry)	Yes	Shrub	understory plant in damp woods - occasionally grows in the open or partial shade	blue fruit ripens several weeks after the blueberries
<i>Helianthus tuberosus</i>	Jerusalem Artichoke	Yes	herbaceous perennial	field edges floodplains; likes full sun	a Sunflower cousin with edible tubers
<i>Hibiscus moscheutos</i>	Rose Mallow	Yes	shrub	in wet open meadows or in wet ground along waterways	species is related to the Marsh Mallow (<i>Althaea officinalis</i>), for which the confection was named
<i>Honckenya peploides</i>	Beach Greens (Seabeach Sandwort)	Yes	annual?	Grows in sandy areas near high tide line	
<i>Hydrophyllum virginianum</i>	Waterleaf, Virginia	Yes	herb	rich woods	Is sporadic in N.E.; more common S.+ W. - the related <i>H. canadense</i> is listed as Endangered in MA
<i>Impatiens biflora</i> or <i>pallida</i>	Jewelweed	Yes	annual	damp meadows and woodlands; doesn't like full sun	edible seeds taste like walnuts
<i>Juglans cinerea</i>	Butternut	Yes	medium -sized tree (to 40 ft.)	old fields; field edges; roadsides	nut inside egg-shaped husks/shells are milder than Black Walnuts
<i>Juglans nigra</i>	Black Walnut	No*	medium to large tree	old fields; field edges/roadsides	*Not considered native to MA (native further S.) but now grows wild there - nuts ripen in October
<i>Lactuca canadensis</i>	Wild Lettuce	Yes	annual	field edges; old fields; woods road edges; roadsides	of the several wild species of <i>Lactuca</i> , this is the most palatable
<i>Lathyrus japonicus</i> var. <i>maritimus</i>	Beach Pea	Yes	annual	dunes and other seaside areas above high tide line	the tender green peas inside the pods are edible in moderation
<i>Ligusticum scoticum</i>	Scotch Lovage	Yes	herbaceous perennial	rocky areas near the ocean	young leaves, stems taste like cultivated lovage (a relative of celery)
<i>Lindera benzoin</i>	Spicebush	Yes	shrub (to 12 ft. tall)	understory tree in acidic hardwoods, esp, near small streams	twigs used for tea; berries may be dried + ground up for a Szechuan pepper-like seasoning
<i>Lonicera villosa</i>	Northern/Mountain Fly Honeysuckle (Waterberry)	Yes	small shrub	rich woods	Occurs more frequently in northern than southern New England
<i>Lycopus uniflorus</i>	Bugleweed	Yes	herbaceous perennial	damp meadows and pond shores	a tuber-bearing wild mint
<i>Maianthemum canadense</i>	Canada Mayflower (False Lily of the Valley)	Yes	herbaceous diminutive perennial ground cover	acidic woodlands - tolerates shade well	small red berries are edible but reputedly cathartic in large amounts

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Maianthemum or Smilacina racemosum	False Solomon's Seal	Yes	herbaceous perennial	hardwood forests with rich humus layer	edible shoots and berries (cathartic in large amounts)
Mattuecia struthiopteris	Ostrich Fern	Yes	herbaceous perennial fern	alluvial (silty) floodplain soil esp. in less acidic areas	edible fiddleheads available in April; unsafe to eat raw
Medeola virginiana	Indian Cucumber	Yes	herbaceous perennial	acidic, damp woods with rich humus layer	harvesting the edible root kills the plant, so use sparingly - also don't pick rare orchid lookalike
Mertensia maritima	Oysterleaf	Yes*	herb	rocky/shelly areas just above the high tide line	*listed as Endangered in MA; more common in Northern/downeast Maine and further northward
Michella repens	Partridgeberry	Yes	herbaceous perennial	ground cover in acidic woods, typically under pines/hemlocks	pretty red berries are edible (but have almost no flavor)
Monarda didyma + fistulosa	Bee Balm/Oswego Tea	Yes	herbaceous perennial	field edges and roadsides - likes sun	leaves used for tea and/or seasoning
Morus alba	Mulberry, White	No	Small to medium tree	field edges; roadsides; tolerates urban conditions	fruit ripens in June
Morus rubra	Mulberry, Red	Yes*	Small to medium tree	field edges; roadsides; tolerant of urban conditions	*native species (M. rubra) listed as Endangered in MA; non-native M. alba is common - hybrids also
Myrica gale	Sweet Gale	Yes	small shrub	in acidic swamps and along waterways	aromatic leaves used for tea
Myrica pensylvanica	Bayberry	Yes	Shrub	open areas; sandy soil	fresh leaves can be used as a substitute for commercial bay leaves
Nelumbo lutea	Lotus, American	No	herbaceous perennial aquatic emergent	shallow ponds and open marshy/swampy areas	*not native in MA; Native to Zone 7 or higher but will grow in Zone 5
Nuphar variegata	Spatterdock, Cow Lily	Yes	herbaceous perennial aquatic plant	shallow portions of lakes, ponds and slow-moving rivers	ripe seeds can reportedly be roasted in a skillet like popcorn
Nymphaea spp.,.	White Water Lily	Yes	aquatic plant	shallow areas of lakes and ponds	
Oenothera biennis	Evening Primrose	Yes	biennial	old + cultivated fields, roadsides, above high tide line	a native weed with an edible root
Opuntia humifusa	Eastern Prickly Pear	Yes*	small cactus	dunes, barrier beaches and other sandy areas near	*listed as endangered in MA and very uncommon in the wild in N.E.; more

				ocean	common further south
<i>Osmorrhiza longystylis</i>	Sweet Cicely	Yes	herbaceous perennial	rich woods; river floodplains; tolerates shade well	whole plant smells and tastes like licorice; closely related species (<i>O. claytonii</i>) does not
<i>Oxalis montana</i>	Wood Sorrel, Mountain or White	Yes	herb to 3" high	ground cover in acidic damp conifer woodlands	common in White Mountains; less common further south
<i>Oxyria digyna</i>	Mountain Sorrel	No	small herb	mountain tops and cool damp rocky areas	Only occurs in cold microhabitats in northern New England and further northward
<i>Panax trifolium</i>	Dwarf Ginseng	Yes	herbaceous perennial	damp woods w/ good humus layer; often near streams	small, spherical tuber is edible - harvest only when abundant
<i>Passiflora incarnata</i>	Passionfruit (Maypops)	No*	herbaceous vine	railroad ballast and waste places - likes full sun	non-native to MA - Native to Zone 7 and higher - can grow in lower zones in warmer microclimates
<i>Physalis</i> spp. (* <i>P. heterophylla</i> is native to MA)	Ground Cherry, Husk Tomato	Yes*	annual	edges of cultivated fields; likes sun	ripe, tomato-like berries enclosed in papery husk (calyx) - ripens late summer onward
<i>Phytolacca americana</i>	Pokeweed	Yes	herbaceous perennial	field edges; roadsides; dirt piles and other disturbed areas; likes sun	only edible part are cooked shoots 4 -10" high (be sure to avoid the highly cathartic root)
<i>Plantago maritima</i> var. <i>juncoides</i>	Seaside Plantain (Goosetongue)	Yes	herbaceous perennial up to 10 " tall	rocky areas near the ocean	be careful not to mix up with Arrowgrass, <i>Triglochin maritima</i> , which can be poisonous
<i>Podophyllum peltatum</i>	May Apple	Yes*	herbaceous perennial	understory plant in hardwood forests with rich soil	*native status in MA is uncertain; ripe fruit is only edible part of plant
<i>Polygonatum</i> spp.	Solomon's Seal	Yes	herbaceous perennial	understory species in hardwood forests with rich humus layer	young shoots are edible
<i>Pontedaria cordata</i>	Pickerelweed	Yes	herbaceous perennial aquatic emergent	shallow margins of lakes, ponds and meandering rivers	young leaves and seeds are edible (but might not be tasty)
<i>Prunus maritima</i>	Beach Plum	Yes	small shrubby tree (to 8 feet tall)	dunes and other sandy areas near coastline	Can be found in sandy areas inland
<i>Prunus pensylvanica</i>	Fire or Pin Cherry	Yes	small tree (up to 25 feet)	pioneer species colonizing clearings and old fields	bright red fruit is very small but pleasant-tasting - ripens in July
<i>Prunus serotina</i>	Black Cherry	Yes	medium to large tree	pioneer species in cleared areas; field edges/roadsides	cherries ripen in the latter half of summer
<i>Prunus virginiana</i>	Choke Cherry	Yes	shrubby small tree (to	old fields; field edges;	a bit more common in northern New England

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			12 ft.)	roadsides; clearings - tolerates cool climate	than southern NE
<i>Pteridium aquilinum</i>	Bracken Fern	Yes	herbaceous perennial fern	old fields; clearings; tolerates drier conditions than most other ferns	edible fiddleheads are tasty but carcinogenic in large amounts; eat sparingly (if at all)
<i>Pycnanthemum</i> spp.	Mountain Mint	Yes	small herb	edges of woods roads	can be uncommon so use sparingly
<i>Quercus alba</i>	White Oak	Yes	medium to large tree	hardwood forests; field edges; roadsides	acorns from this species tend to have lower levels of tannic acid, thereby requiring less leaching
<i>Quercus bicolor</i>	Oak, Swamp White	Yes	medium to large tree	wooded swamps; floodplains	acorns have reputedly less tannic acid content than most other Oak species
<i>Quercus prinus</i>	Chestnut Oak	Yes	medium to large tree	can tolerate dry, rocky and/or sloping conditions	acorns are edible after processing (leaching out the tannic acid)
<i>Rhexia virginica</i>	Meadow Beauty	Yes	small herb	wet open meadows and lake/pond shorelines	whole plant has tangy flavor; uncommon so use sparingly
<i>Rhodiola rosea</i>	Roseroot	No	herbaceous perennial	rocky exposed areas - usually close to the ocean	Mostly found in cold rocky coastal habitats in Maine and further northward - roots smell like roses
<i>Rhododendron (Ledum) groenlandicum</i>	Labrador Tea	No	small shrub	acidic, open rocky or boggy habitats	more common in northern New England and further north
<i>Rhus glabra</i>	Sumac, Smooth	Yes	shrub	old fields; field edges; roadsides	red fruit used to make a pink lemonade-like drink
<i>Rhus hirta</i> (typhina)	Sumac, Staghorn	Yes	Shrub to 15 feet tall	old fields; field edges; clearings	red fruit used to make a pink lemonade-like drink
<i>Ribes triste</i> and other spp.	Currants/Gooseberries	Yes*	small perennials (up to 4' tall) w/ spindly branches	understory plant in damp woodlands; can also grow near water	mixture of native/introduced species - all produce edible fruit
<i>Rosa</i> spp.	Wild Rose	Yes*	shrub	old fields, swamps	*The non-native <i>Rosa rugosa</i> is a better species for eating due to its large petals and hips
<i>Rubus chamaemorus</i>	Bakeapple Berry (Cloudberry)	No	herbaceous perennial (less than one foot tall)	boggy areas; seeps in open rocky areas	Mostly found in Northern New England Mountains and bogs and further north into Canada
<i>Rubus hispidus</i>	Dewberry	Yes	Prostrate blackberry cousin	old fields; clearings	fruit has the same size, appearance and flavor as upright blackberry species

Rubus idaeus	Raspberry, Red	Yes	herbaceous perennial	old fields; field edges; woods clearings	tea made from the fresh or thoroughly dried leaves is edible, + medicinal for women
Rubus occidentalis	Raspberry, Black	Yes	herbaceous perennial	likes field edges	purplish-colored canes make the plants easy to spot in the "off-season"
Rubus odoratus	Flowering Raspberry	Yes	herbaceous perennial	roadsides; wooded clearings; likes cool damp conditions	showy pink flower and large maple-like leaves; not thorny
Rubus spp.	Blackberry	Yes	herbaceous perennial	old fields; field edges/roadsides; clearings	R. allegheniensis, pensilvanicus + several other spp. are native to MA
Sagittaria latifolia	Arrowhead (Wapato or Duck Potato)	Yes	herbaceous perennial emergent aquatic	shallow areas of lakes + ponds; sunny swamps	edible tubers are available Oct.-Mar
Salicornia spp.	Glasswort	Yes	herb	Grows in salty areas in coastal marshes	tender portions of plants can be eaten raw or pickled
Sambucus canadensis	Elderberry, Common	Yes	shrub (to 10 ft' tall)	wet open meadows	flowers used for beverages and fritters; ripe fruit edible after drying or cooking
Sassafras albidum	Sassafras	Yes	small tree (to 30 ft., but usually much smaller)	understory tree in hardwood forests; field edges; roadsides	aromatic root bark used for tea, candy, etc. - young leaves are dried for file powder
Saxifraga spp.	Saxifrage	Yes	herb	woodland seeps, esp. non-acidic	young leaves of several species are edible
Schoenoplectus tabernaemontani	Bulrush, Common (Soft-stemmed)	Yes	herbaceous perennial emergent aquatic	shallow ponds and open swamps	the plant is reputed to be edible in a similar fashion as cattail
Smilax herbacea	Carrion Flower	Yes	herbaceous perennial thornless vine	damp meadows + field/roadside edges; stinky flowers pollinated by carrion flies	harvest, cook and eat shoots like Asparagus (a relative)
Solidago odora	Sweet Goldenrod	Yes	herb	old fields; rocky areas; under power lines; sandy areas near the ocean	native to all counties in MA - leaves and flowers have a licorice-like flavor
Stachys hyssopifolia	Woundwort	Yes*	herb	damp meadows	*S. hyssopifolia is a "watch species" in MA - pick the non-native (to MA) S. palustris instead
Streptopus lanceolatus	Twisted Stalk	Yes*	herb	rich woods; woodlands with rich humus layer	*species is "watch-listed" in MA, so shouldn't be harvested
Tilia americana	Basswood	Yes	medium to large tree	field edges, roadsides, river banks - can tolerate damp conditions	young leaves are edible raw; blossoms are used for an edible/medicinal tea
Typha angustifolia	Cattail, Narrow-leaved	Yes	herbaceous perennial emergent aquatic	shallow areas of waterways; marshy areas; likes full sun	has at least five different edible parts
Typha latifolia	Cattail, Common	Yes	herbaceous perennial	shallow areas of waterways;	has at least five different edible parts

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			aquatic emergent	marshy areas - likes full sun	
Ulmus rubra	Elm, Slippery	Yes	medium-sized tree	damp fields; floodplains	
Uvularia sessifolia	Bellwort, Sessile	Yes	herbaceous perennial	woods with good humus layer - likes shade	young shoots are edible like asparagus
Vaccinium angustifolium	Blueberry, Lowbush	Yes	small shrub (up to 2 ft tall)	acidic woodlands, old fields, rocky and boggy areas	
Vaccinium corymbosum	Blueberry, Highbush	Yes	shrub (up to 8 ft tall)	acidic woodlands, old fields, lake/pond shorelines	
Vaccinium macrocarpon	Cranberry, Bog	Yes	prostrate vine - rarely more than a foot tall	acid bogs and seeps - likes sun	same species (and flavor) as the cultivated cranberry
Vaccinium stamineum	Deerberry	Yes	Small shrub	likes acidic rocky areas	
Vaccinium vitis-idaea	Cranberry, Mountain	Yes*	low-growing perennial (up to 1' tall)	mountain peaks and cool habitats in northern New England	same species as Lingonberry - *listed as endangered in MA
Viburnum lantanoides (alnifolium)	Hobblebush (Moosewood)	Yes	shrub	common understory plant in cool forests	fruit ripens in September and tastes like a prune with a hint of clove
Viburnum lentago	Nannyberry	Yes	shrub	wet meadows; near waterways	fruit ripens in September and is prune-like in flavor and texture
Viburnum nudum or cassinoides	Wild Raisin	Yes	shrub	understory plant in open hardwood forests	small fruit are ripe when purple-black in color
Viburnum prunifolium	Black Haw	Yes	shrub	damp meadows - likes partial to full sun	ripe fruit is edible, with prune-like texture and flavor
Viburnum trilobum	Highbush Cranberry	Yes	shrub	sunny swampy areas - more common in northern New England	Don't plant V. opulus, a European species that tastes horrible
Viola sororia	Violet, Common Blue or Dooryard	Yes	herb	fields; meadows	there are many other violets, some rare + some w/ laxative effect - stick to eating this species
Vitis labrusca	Fox Grape	Yes	perennial vine	roadsides; field edges; river banks	large grapes are ripe the second week of Sept. - young leaves may be stuffed
Vitis riparia	Riverside Grape	Yes	perennial vine	roadsides, fences, field edges; river banks	fruit is smaller, ripens later and not as tasty as V. labrusca - young leaves are good for stuffing