



Bushcraft Education, Guide Training and Earth Skills Immersion Programs Since 1999

Useful Plants of the Northeast

Vascular Plants

Aceraceae - Maple Family

- Acer pennsylvanicum – Striped Maple, Moose Maple
- Acer saccharum – Sugar Maple, Rock Maple
- Acer rubrum – Red Maple, Swamp Maple

Alismataceae - Arrowhead Family

- Sagittaria latifolia - Broad-Leaved Arrowhead, Wapato

Amaranthaceae - Amaranth Family

- Amaranthus retroflexus - Green Amaranth

Anacardiaceae - Sumac or Cashew Family

- Rhus glabra - Smooth Sumac
- Rhus typhina - Staghorn Sumac
- Rhus vernix - Poison Sumac
- Toxicodendron radicans – Poison Ivy

Apiaceae (Umbelliferae) - Parsley Family

- Cicuta maculata - Water Hemlock
- Conium maculatum - Poison Hemlock
- Daucus carota - Queen Anne's Lace
- Heracleum maximum - Cow Parsnip

Apocynaceae - Dogbane Family

- Apocynum androsaemifolium - Spreading Dogbane

Aquifoliaceae - Holly Family

- Ilex verticillata - Winterberry

Araceae - Arum Family

- Acorus calamus - Sweet Flag
- Arisaema triphyllum – Jack-in-the-Pulpit
- Symplocarpus foetidus – Skunk Cabbage
- Calla palustris – Water Arum, Wild Calla

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Araliaceae - Ginseng Family

Aralia nudicaulis - Wild Sarsaparilla
Aralia hispida - Hairy Sarsaparilla

Aristolochiaceae - Birthwort Family

Asarum canadense – Wild Ginger

Asclepiadaceae - Milkweed Family

Asclepias syriaca - Common Milkweed

Asteraceae (Compositae) - Aster or Sunflower Family

Cichorium intybus - Chicory
Taraxacum officinale - Dandelion
Arcticum minus - Common Burdock
Cirsium vulgare - Bull Thistle
Ambrosia artemisiifolia - Common Ragweed
Anaphalis margaritacea - Pearly Everlasting
Achillea millefolium - Yarrow
Matricaria matricarioides - Pineapple Weed
Tanacetum vulgare - Common Tansy
Eupatorium perfoliatum – Boneset
Eupatorium maculatum – Spotted Joe Pye Weed
Arnica
Helianthus annuus - Sunflower
Helianthus tuberosus - Jerusalem Artichoke
Solidago spp. - Goldenrod
Erigeron canadensis - Canada Fleabane
Conyza canadensis - Horseweed
Rudbeckia hirta - Black-Eyed Susan
Leucanthemum vulgare – Ox-Eye Daisy
Tussilago farfara - Colt's Foot
Hieracium aurantiacum – Orange Hawkweed

Balsaminaceae - Touch-Me-Not Family

Impatiens capensis - Jewelweed, Spotted Touch-Me_Not

Berberidaceae - Barberry Family

Berberis vulgaris - Common Barberry

Betulaceae - Birch Family

Betula papyrifera - Paper Birch, White Birch, Canoe Birch
Betula lutea - Yellow Birch
Betula lenta - Black Birch, Sweet Birch, Cherry Birch
Betula populifolia - Gray Birch
Alnus rugosa - Speckled Alder

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Ostrya virginiana - Hop Hornbeam

Boraginaceae - Borage Family

Symphytum officinale - Comfrey

Brassicaceae (Cruciferae) - Mustard Family

Brassica spp. - Mustard

Caprifoliaceae - Honeysuckle Family

Viburnum alnifolium - Hobblebush

Viburnum trilobum - Highbush Cranberry

Viburnum lentago – Nannyberry

Viburnum recognitum – Northern Arrowwood

Sambucus canadensis - Common Elderberry

Linnaea borealis - Twinflower

Caryophyllaceae - Pink Family

Stellaria Media – Chickweed

Celastraceae - Staff-Tree Family

Celastrus orbiculatus - Oriental Bittersweet

Chenopodiaceae - Goosefoot Family

Chenopodium Album - Lamb's Quarters

Cornaceae - Dogwood Family

Cornus canadensis – Bunchberry

Cornus stolonifera – Red Osier Dogwood

Cupressaceae - Cypress or Cedar Family

Thuja occidentalis - Northern White Cedar

Chamaecyparis Thyoides - Atlantic White Cedar

Cyperaceae - Sedge Family

Sedge

Droseraceae - Sundew Family

Drosera rotundiflora - Round-Leaved Sundew

Elaeagnaceae - Oleaster Family

Shepherdia canadensis - Canada Buffaloberry

Ericaceae - Heath Family

Empetrum nigrum - Crowberry

Ledum groenlandicum - Labrador Tea

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Archostaphylos uva-ursi - Bearberry, Kinnikinnik
Gaultheria procumbens - Wintergreen, Checkerberry, Teaberry
Gaultheria hispidula - Creeping Snowberry
Vaccinium vitis-idaea - Mountain Cranberry
Vaccinium corymbosum - Highbush Blueberry
Vaccinium angustifolium - Lowbush Blueberry
Chimaphila umbellata - Pipsissewa
Pyrola rotundiflora - Round-Leaved Pyrola
Monotropa uniflora - Indian Pipe
Kalmia angustifolia – Lambkill, Sheep Laurel

Fabaceae (Leguminosae) - Pea Family

Hedysarum
Trifolium hybridum - Alsike Clover
Trifolium repens - White Clover
Trifolium pratense - Red Clover
Lupinus perennus – Wild Lupine
Lathyrus japonicus – Beach Pea
Vicia cracca – Cow Vetch

Fagaceae - Beech Family

Quercus alba – White Oak
Quercus borealis – Red Oak
Quercus alba – White Oak
Fagus grandiolia – Beech

Geraniaceae - Geranium Family

Geranium maculatum - Wild Geranium, Spotted Cranesbill

Grossulariaceae - Gooseberry Family

Ribes sativum - Currant
Ribes cynosbati – Gooseberry

Hamamelidaceae - Witch Hazel Family

Hammamelis virginiana - Witch Hazel

Hypericaceae - St. Johnswort Family

Hypericum perforatum - St. Johnswort

Juncaceae - Rush Family

Rush

Lamiaceae - Mint Family

Mentha spp. - Peppermint



Liliaceae - Lily Family

Maianthemum canadense - Canada Mayflower, Wild Lily-of-the-valley
Medeola virginiana - Indian Cucumber
Clintonia borealis - Clintonia, Corn Lily
Erythronium americanum - Trout Lily
Smilax rotundiflora - Common Greenbrier
Veratrum viride - False Hellebore, Indian Poke
Allium canadense - Wild Garlic
Hermerocallis fulva - Day Lily
Polygonatum biflorum - Solomen's Seal
Smilacina racemosa - False Solomen's Seal

Lythraceae - Loosestrife Family

Lythrum salicaria - Purple Loosestrife, Spike Loosestrife

Menyanthaceae - Buckbean Family

Menyanthes trifoliata - Buckbean

Moraceae - Mulberry Family

Maclura pomifera - Osage Orange

Myricaceae - Wax-Myrtle Family

Myrica gale - Sweet Gale
Myrica pensylvanica - Northern Bayberry
Comptonia peregrina - Sweet Fern

Nymphaeaceae - Water Lily Family

Nuphar variegatum - Yellow Pond Lilly, Bullhead Lily

Oleaceae - Olive Family

Fraxinus americana - White Ash
Fraxinus nigra - Black Ash
Syringa vulgaris - Lilac

Onagraceae - Evening Primrose Family

Oenothera biennis - Evening Primrose
Epilobium angustifolium – Fireweed

Orobanchaceae - Broom Rape Family

Epifagus virginiana - Beech Drops

Orchidaceae - Orchid Family

Goodyera pubescens - Downy Rattlesnake Plantain
Cypripedium acaule - Pink Lady's Slipper, Moccasin Flower

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Oxalidaceae - Wood Sorrel Family

Oxalis stricta – Yellow Wood Sorrel
Oxalis montana - Northern Wood Sorrel

Pinaceae - Pine Family

Tsuga canadensis - Eastern Hemlock
Pinus strobus - White Pine
Pinus resinosa - Red Pine, Norway Pine
Pinus banksiana – Jack Pine
Pinus rigida – Pitch Pine
Picea glauca - White Spruce
Picea maiana - Black Spruce
Picea rubens - Red Spruce
Abies balsamea - Balsam Fir
Larix laricina – Tamarack, Hachmatac, Larch

Plantaginaceae - Plantain Family

Plantago major – Plantain

Poaceae (Gramineae) - Grass Family

Phleum pratense - Timothy Grass
Zizania aquatica – Wild Rice
Phragmites australis – Phragmites, Common Reed

Polygonaceae - Buckwheat Family

Rumex crispus - Yellow Dock, Curled Dock
Rumex acetosella - Sheep Sorrel
Polygonum cuspidatum - Japanese Knotweed

Pontederiaceae - Pickerelweed Family

Pontederia cordata - Pickerelweed

Portulacaceae - Purslane Family

Claytonia virginica - Spring Beauties
Portulaca oleracea – Purslane

Primulaceae - Primrose Family

Trientalis borealis – Star Flower

Ranunculaceae - Buttercup or Crowfoot Family

Ranunculus acris - Buttercup
Coptis groenlandica - Goldthread
Actaea pachypoda - White Baneberry, Doll's Eyes
Actaea rubra - Red Baneberry
Caltha palustris - Marsh Marigold

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Aconitum dephinifolium – Monkshood, Wolfbane
Thalictrum pubescens – Tall Meadow Rue

Rosaceae - Rose Family

Rosa rugosa – Beach Rose
Fragaria virginiana - Common Strawberry
Rubus odoratus - Purple Flowering Raspberry
Rubus idaeus - Raspberry
Rubus fruticosus - Blackberry
Rubus flagellaris - Dewberry
Potentilla fruticosa - Shrubby Cinquefoil
Potentilla anserina - Silverweed
Spiraea ulmaria - Meadowsweet
Prunus spp. - Cherries
Amelanchier canadensis – Juneberry, Serviceberry, Shadbush
Sorbus americana – American Mountain Ash
Crataegus crus-galli - Cockspur Hawthorn

Rubiaceae - Madder Family

Galium aparine - Cleavers, Goosegrass
Galium verum - Yellow Bedstraw
Mitchella repens - Partridge Berry

Salicaceae - Willow Family

Salix spp. - Willow
Populus tremuloides - Quaking Aspen, Trembling Aspen
Populus grandidentata – Bigtooth Aspen

Santalaceae - Sandalwood Family

Geocaulon
Bastard Toadflax

Scrophulariaceae - Figwort or Snapdragon Family

Verbascum thapsus - Common Mullein

Solanaceae - Nightshade Family

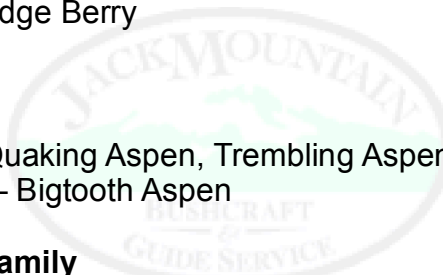
Solanum nigrum - Common Nightshade

Taxaceae - Yew Family

Taxus canadensis - Canadian Yew

Tiliaceae - Basswood Family

Tilia americana – Basswood, Linden



Trilliaceae - Trillium Family

Trillium erectum - Red Trillium

Typhaceae - Cattail Family

Typha latifolia - Common Cattail

Urticaceae - Stinging Nettle Family

Urtica dioica - Stinging Nettle

Valerianaceae - Valerian Family

Valeriana officinalis - Valerian

Violaceae - Violet Family

Viola papilionaceae – Common Blue Violet

Vitaceae - Grape Family

Vitis spp. - Wild Grape

Spore Plants: Mosses and Ferns

Lycopodiaceae - Club Moss Family

Lycopodium clavatum – Staghorn club moss

Lycopodium obscurum – Tree club moss

Equisetaceae - Horsetail Family

Equisetum arvense – Field Horsetail

Equisetum hyemale – Scouring Rush

Polypodiaceae - Fern Family

Pteretis pensylvanica - Ostrich Fern

Pteridium aquilinum - Bracken Fern

Osmunda cinnamomea – Cinnamon Fern

Sphagnum cymbifolium - Sphagnum Moss

Lichens

Umbilicaria mammulata - Smooth Rock Tripe

Cladonia rangiferina - Reindeer Moss

Cladonia cristella – British Soldiers

Usnea

Fungi

Innonotus obliquus - Chaga or True Tinder Fungus
Fomes fometarius - Hoof Fungus or False Tinder Fungus
Phellinus ignarius - Aspen Conk
Piptoporus betulinus - Birch Polypore or Razor Strop Fungus
Grifola frondosa - Hen of the woods
Laetiporus sulphureus - Sulpher Shelf or Chicken of the Woods
Ganoderma oregonense - Hemlock Varnish Shelf
Ganoderma applanatum - Artist's Conk
Phellinus pini - Pine Conk
Amanita muscaria - Fly Agaric
Boletus edulis
Claviceps spp. - Ergot

Seaweeds

Alaria esculenta - Kelp
Chondrus crispus - Irish Moss
Fucus gardneri - Rockweed, Bladderwrack Kelp, Sea Wrack



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