

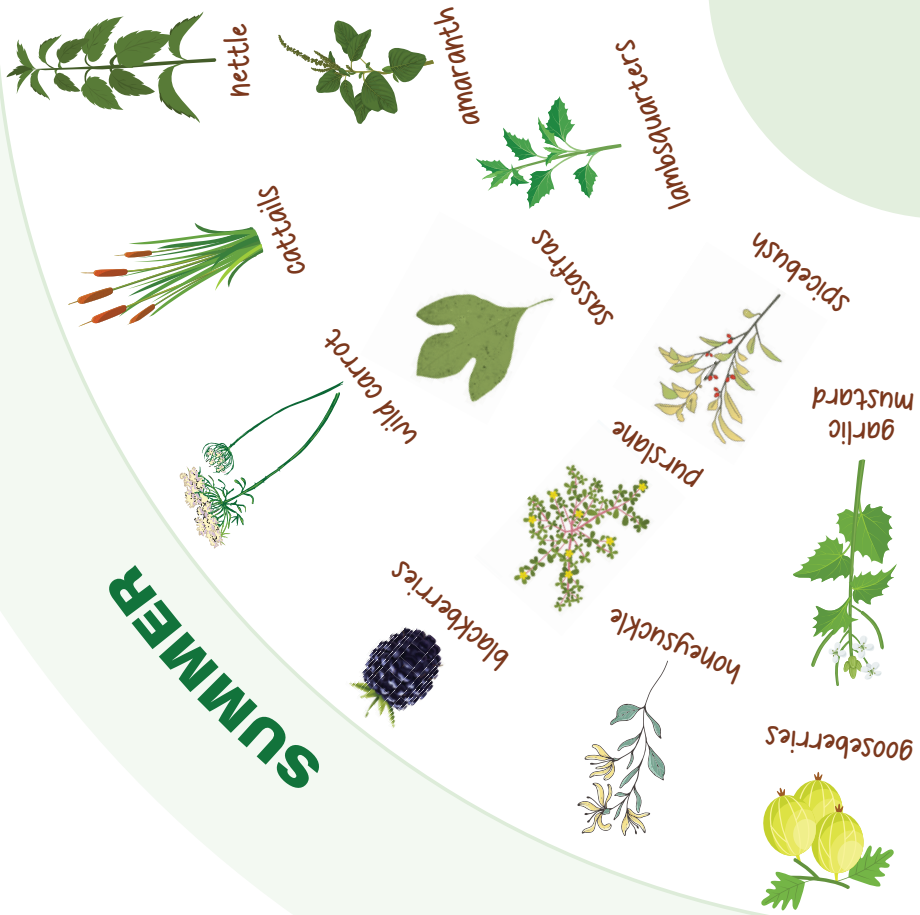
FALL



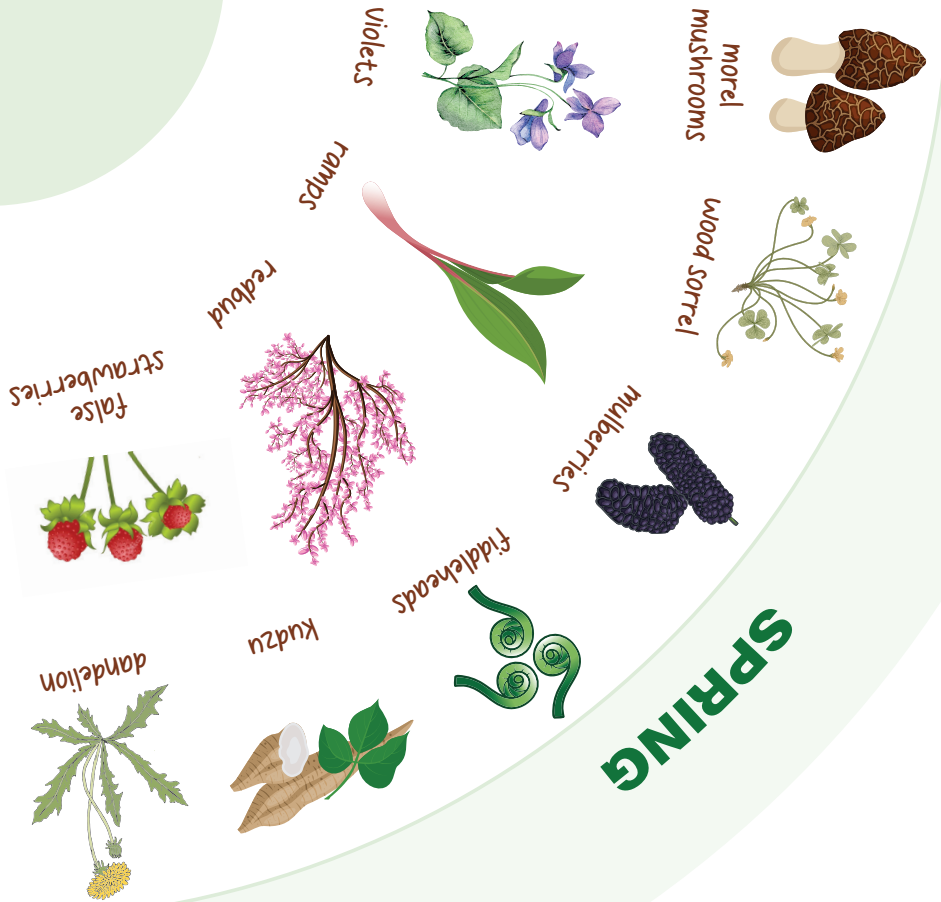
WINTER



SUMMER



SPRING



Seasonality Reference

Each forest food ripens at a specific time of year. Not all foods are safe to eat raw or fresh, and many are difficult to identify. Make sure to do your homework before foraging, and email forest@future.edu with any questions.

SUMMER

Amaranth / pigweed (*Amaranthus graecizans*) April-October
Blackberries (*Rubus armeniacus*, *Rubus allegheniensis*) July-August
Black cherry† (*Prunus serotina*) July-September
Black raspberries (*Rubus occidentalis*) June
Blueberries (*Vaccinium* genus) May-September
Cattails (*Typha* genus) April-October, depending on whether you're harvesting the shoots or the roots
Fox grapes† (*Vitis labrusca*) August-September
Gooseberry (*Ribes hirtellum*) June-July
Lambsquarters / goosefoot (*Chenopodium album*) April-October
Nettle† (*Laportea canadensis*, *Urtica dioica*) May-September
Purslane (*Portulaca oleracea*) April-October
Spicebush (*Lindera benzoin*) leaves & stem April; berries September
Sumac† (*Rhus typhina*) August-September
Wild ginger (*Asarum canadense*) July-September
Wine berries* (*Rubus phoenicolasius*) June-August
Woodmint (*Blephilia ciliata*) May-September

FALL

Acorns† (*Quercus* genus) September-November [white oak is best; burr oak best of the white oaks]
Autumn olive* (*Elaeagnus umbellata*) September-October
Beechnut (*Fagus grandifolia*) September-November
Black walnuts (*Juglans nigra*) nuts: October-November; sap: January-April

Butternuts (*Juglans cinerea*) October-November
Chicken of the woods† (*Laetiporus sulphureus*) May-November
Chicory*† (*Cichorium intybus*) October-November
Chinquapin (*Castanea pumila*) September
Cranberry (*Vaccinium macrocarpon*) October-November
Elderberries† (*Sambucus canadensis*) August-October
Hazelnut (*Corylus americana*) September-October
Hickory nuts (*Carya* genus) September-November
Lion's mane mushroom (*Hericium erinaceus*) September-November
Oyster mushrooms (*Pleurotus ostreatus*) May-November
Paw paws (*Asimina triloba*) September-October
Persimmons (*Diospyros virginiana*) October-December
Sunchokes† (*Helianthus tuberosus*) October-December
Turkey tail mushrooms† (*Trametes versicolor*) May-December

WINTER

Barberry* (*Berberis thunbergii*) October-March
Honey locust† (*Gleditsia triacanthos*) November-January
Maple† (*Acer* genus) January-April
Sycamore† (*Platanus occidentalis*) January-March
Winterberry (*Ilex verticillata*) October-March
Wintergreen berries / teaberry (*Gaultheria procumbens*) December-April

SPRING

Creasy Greens [Upland Cress] (*Barbarea verna*) April-June; October
Dandelion*† (*Taraxacum officinale*) [greens, root, flowers] April-October
False strawberry (*Potentilla indica*) March-June
Fiddleheads† (ferns of many species) March-May
Garlic mustard* (*Alliaria petiolata*) April-May
Honeysuckle* (*Lonicera japonica*) May
Huckleberries (*Gaylussacia* genus) May-September
Knotweed* (*Reynoutria japonica*) April-June
Kudzu* (a few species in the *Pueraria* genus) April-June
Mayapple† (*Podophyllum peltatum*) April-May
Milkweed† (*Asclepias* genus) May-June for shoots; September for pods
Morel mushrooms† (*Morchella* genus) April-May
Mulberries (*Morus rubra*) May-June
Pokeweed† (*Phytolacca americana*) April-June
Ramps (*Allium tricoccum*) March-May
Redbud (*Cercis canadensis*) March-May
Sarvice berries (*Amelanchier* genus) May-June
Sassafras / gumbo file (*Sassafras albidum*) April
Spruce tips (*Picea rubens* or *Picea abies*) April
Wild carrot (*Daucus carota*) May-June
Wood sorrel [AKA sourgrass] (many members of the *Oxalis* genus) March-October
Violets (*Viola sororia*) April

*Non-native and/or invasive plant: eat as much as you want!

†Some processing is required; it is not advisable to eat this raw!

Forest Food Wheel

The forests of Appalachia are beautiful, and their ecological health is important for millions of people. They're also an important source of wild foods and medicines. Future Generations University believes that forest farming—intentionally growing these foods and medicines—is an important part of West Virginia's economic future, and we want to educate you on it. But before you dive into forest farming, try foraging for a few of these foods.

Thanks to LiKEN for inspiring this wheel.

For more information on forest foods, visit www.future.edu

FUTURE GENERATIONS UNIVERSITY
SEASONAL FOREST FOOD WHEEL