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Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

001 Dandelion

Taraxacum officinale

EDIBLE Young leaves, Flowers, Crowns/hearts, Roots

NUTRIENTS Protein 2.70g · Fiber 3.50g · Vit C 35mg · Vit A 508µg · Vit K 778µg · Vit E 3.44mg

MEDICINE Traditional diuretic use; small human studies of leaf/root preparations show mixed results.

INDIGENOUS Pillager Ojibwe: root tea for heartburn. Flambeau Ojibwe: spring greens cooked as food.

Original pp. 1–3

002 Plantain (Broadleaf)

Plantago major

EDIBLE Young leaves, Seeds

NUTRIENTS Fiber 3.88g · Fe 1.74mg · Mg 95.3mg · Vit C 45.1mg · Mn 0.40mg · Cu 0.18mg

MEDICINE Traditional use for wounds, burns, coughs and insect stings; not clinically established.

INDIGENOUS Flambeau and Pillager Ojibwe: leaf poultices for bruises/sores; Flambeau root protective charm.

Original pp. 3–5

003 Lambs Quarters

Chenopodium album

EDIBLE Young leaves, Tender shoot tips

NUTRIENTS Protein 4.20g · Fiber 4.00g · Ca 309mg · Vit C 80mg · Vit A 580µg · B2 0.44mg

MEDICINE No medicinal benefit established in this guide.

INDIGENOUS Arikara: young shoots gathered from cornfields and cooked as greens.

Original pp. 5–7

004 Wood Sorrel

Oxalis stricta

EDIBLE Leaves, Flowers, Tender stems

NUTRIENTS Not numerically quantified for this species/edible part in guide.

MEDICINE No medicinal benefit established in this guide.

INDIGENOUS Meskwaki: leaves as food, orange dye. Menominee: yellow dye (Oxalis species uncertain).

CAUTION Oxalates: use only small amounts.

Original pp. 7–8

005 White Clover

Trifolium repens

EDIBLE Flowers (culinary record)

NUTRIENTS Not numerically quantified for this species/edible part in guide.

MEDICINE No medicinal benefit established in this guide.

INDIGENOUS Miami: documented cultural relationship. Cherokee: fever/eyewash uses; Iroquois and Mohegan: medicine.

Original pp. 8–10

006 Yellow Dock

Rumex crispus

EDIBLE Young leaves; limited culinary use with caution

NUTRIENTS Fe 28.7mg[dry] · Mg 445mg[dry] · K 5600mg[dry] · Vit C 159.73mg[fresh] · Mn 10.95mg[dry] · Cu 1.15mg[dry]

MEDICINE Root historically used as laxative; no clinical evidence of treatment benefit established.

INDIGENOUS Flambeau Ojibwe: root applied to cuts. Miami: young greens; medicinal/ceremonial seed tops.

CAUTION Oxalates; dry-weight and fresh nutrient data differ.

Original pp. 10–12

007 Stinging Nettle

Urtica dioica

EDIBLE Tender leaves/shoots AFTER cooking or blanching; seeds (documented); roots (not routine).

NUTRIENTS Protein 2.71g · Fiber 6.90g · Ca 481mg · Mg 57mg · Vit K 498.6µg · Mn 0.779mg

MEDICINE Traditional medicine; limited human evidence for some BPH-related urinary symptoms.

INDIGENOUS Cherokee: traditional use for stomach irritation and pain.

CAUTION Fresh plant stings; gloves and heat treatment required.

Original pp. 12–15

008 Purslane

Portulaca oleracea

EDIBLE Leaves, Tender stems, Young growing tips, Seeds

NUTRIENTS Protein 2.03g · Ca 65mg · Fe 1.99mg · Mg 68mg · K 494mg · Vit C 21mg

MEDICINE Traditional/experimental anti-inflammatory and metabolic claims; not proven human treatments.

INDIGENOUS Iroquois: historically categorized as an antidote/“good medicine”; effectiveness unproven.

CAUTION Oxalates; avoid excessive portions if restricting oxalate.

Original pp. 15–17

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
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009 Chicory
Cichorium intybus

EDIBLE Young leaves, Roots, Flowers/buds
NUTRIENTS Fiber 4.00g · Vit C 24mg · Vit A 286µg · Vit K 298µg · Folate 110µg · Vit E 2.26mg
MEDICINE Historical herbal use; no established disease-treatment claim.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 17–19

010 Ground Ivy
Glechoma hederacea

EDIBLE Leaves; documented human culinary use
NUTRIENTS Protein 15.63g[dry] · Ca 976.3mg[dry] · Mg 328.9mg[dry] · K 1444.8mg[dry] · Phos 170.5mg[dry]
MEDICINE Historical herbal use; no strong human clinical evidence identified.
INDIGENOUS Cherokee: ground-ivy tea or leaf preparation historically used for hives/measles.

Original pp. 19–21

011 Sow Thistle
Sonchus oleraceus

EDIBLE Young leaves, Tender shoots
NUTRIENTS Fiber* 3.66g · Ca 119.2mg · Fe 1.5mg · Mg 78.7mg · K 714.9mg · Cu 0.1mg
MEDICINE Folk medicinal records; insufficient quality clinical evidence for treatment.
INDIGENOUS Pima: raw or boiled leaves/stems; plant gum as cathartic. Yaqui: boiled young greens.

Original pp. 21–23

012 Shepherd's Purse
Capsella bursa-pastoris

EDIBLE Young leaves, Flowering shoots, Seeds
NUTRIENTS Protein 5.42g · Fiber 2.52g · Ca 159mg · Fe 4.8mg · Mg 84mg · Vit C 130mg
MEDICINE Traditional use for bleeding; not proven for self-treating bleeding.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 24–25

013 Common Mallow
Malva neglecta

EDIBLE Leaves, Immature fruits/seeds, Mature seeds after cooking
NUTRIENTS Ca 1519.9mg[dry] · Fe 19.2mg[dry] · Mg 408.5mg[dry] · Vit C 83.5mg · Mn 3mg[dry] · Cu 8.6mg[dry]
MEDICINE Traditional soothing/demulcent uses; clinical effectiveness not established.
INDIGENOUS Haudenosaunee: documented traditional medicinal uses (skin, pain and digestive conditions).

Original pp. 25–27

014 Purple Dead Nettle
Lamium purpureum

EDIBLE Young leaves, Young tops
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Folk claims exist; no strong clinical treatment evidence identified.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 27–29

015 Yarrow
Achillea millefolium

EDIBLE Leaves, Flowers
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE EMA traditional-use recognition; clinical trials insufficient to establish efficacy.
INDIGENOUS Pillager Ojibwe: flower smoke for fever. Menominee, Meskwaki and Potawatomi: poultices/fever uses.

Original pp. 29–31

016 Mugwort
Artemisia vulgaris

EDIBLE Leaves as a traditional culinary herb; verify exact species.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Traditional mugwort/moxibustion use; NCCIH reports insufficient evidence for most conditions.
INDIGENOUS Kiowa: ceremonial cushions made from fiber; leaf rubbing in purification practice.
CAUTION Species and look-alike verification essential.

Original pp. 31–32

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

017 Foxtail Grasses
Setaria spp. (Illinois focus: S. faberi, S. pumila, S. viridis)

EDIBLE None recorded; no food-use recommendation.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Former digestive/diuretic/blood-sugar claims removed for lack of evidence.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 32–34

018 Cat's Ear
Hypochaeris radicata

EDIBLE Leaves, Roots, Other parts are reported edible by NC State
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Former diuretic/digestive/liver claims removed for lack of evidence.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 34–35

019 Wild Mustard
Sinapis arvensis

EDIBLE Young leaves/shoots; seeds (expert verification required).
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Former respiratory/antimicrobial/circulation claims lacked supporting clinical evidence.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mustard-family ID required; not all similar plants edible.

Original pp. 36–37

020 Red Clover
Trifolium pratense

EDIBLE Young leaves, Young flowering heads
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Isoflavone supplement research; NCCIH finds no conclusive human health benefit.
INDIGENOUS Cherokee: infusion for fever and other complaints. Pawnee: sore-throat drink; stems for brooms.

Original pp. 37–39

021 Pineapple Weed
Matricaria discoidea

EDIBLE Leaves, Flowers
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Earlier inflammation/sleep claims removed; clinical evidence insufficient.
INDIGENOUS Ute: medicinal plant (use unspecified). Blackfoot: recorded insect-repellent use.

Original pp. 39–41

022 Chickweed
Stellaria media

EDIBLE Leaves, Stems, Flowers, Seeds
NUTRIENTS Ca 71.5mg · Fe 1.3mg · Mg 82.6mg · K 710.1mg · Zn 0.8mg · Cu 0.1mg
MEDICINE Historical external use for itchy skin; efficacy not established.
INDIGENOUS Chippewa: medicinal use recorded (unspecified). Iroquois: medicine and chicken feed.

Original pp. 41–43

023 Common Burdock
Arctium minus

EDIBLE Roots, Young leaves, Immature flower stalks
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Traditional herbal use; “detox” and organ-support benefits not proven.
INDIGENOUS Ojibwe: root for stomach pain and charms. Forest Potawatomi: root infusion as tonic.

Original pp. 43–44

024 Common Blue Violet
Viola sororia

EDIBLE Leaves, Flowers
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Historical herbal use; no clinically established treatment claim.
INDIGENOUS Cherokee: root tea for corn-seed insect protection and historically for cough.

Original pp. 44–46

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

025 Black Medic
Medicago lupulina

EDIBLE No edible use recommended by source audit.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No claimed medicinal benefit; “medic” is just a common name.
INDIGENOUS Lakota: plant name documented; no particular food or medicinal use verified.

Original pp. 46–47

026 Garlic Mustard
Alliaria petiolata

EDIBLE Leaves, Flowers, Seeds, Roots; edible per NC State
NUTRIENTS Protein 8.57g · Fiber 5.38g · Ca 200mg · Fe 3.2mg · Mg 121mg · Vit C 261mg
MEDICINE Historical medicinal use; no adequate human clinical treatment evidence identified.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Invasive: avoid spreading seeds.

Original pp. 47–49

027 Cleavers
Galium aparine

EDIBLE Cooked leaves/stems; roasted seeds as coffee substitute.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Traditional herbal use; “lymphatic” and detox claims not clinically established.
INDIGENOUS Pillager Ojibwe: tea for urinary complaints. Meskwaki: boiled preparation as emetic.

Original pp. 49–50

028 Common Ragweed
Ambrosia artemisiifolia

EDIBLE None recorded
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Historical remedies recorded; no clinical recommendation; major pollen allergen.
INDIGENOUS Dakota and Iroquois: historical antidiarrheal use. Otoe: external nausea remedy.
CAUTION Ragweed pollen is a major allergen.

Original pp. 51–52

029 Canada Thistle
Cirsium arvense

EDIBLE None recorded
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Former digestive/liver benefit claims not supported by adequate human evidence.
INDIGENOUS Cherokee: seed pappus used as fletching for blow darts.

Original pp. 52–54

030 Common Evening Primrose
Oenothera biennis

EDIBLE None recorded
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Evening-primrose oil studied; NCCIH finds insufficient evidence for health benefits.
INDIGENOUS Flambeau Ojibwe: poultice for bruises. Cherokee: cooked greens/roots. Gosiute: seeds for food.
CAUTION Historical uses are not safe directions for ingestion.

Original pp. 54–55

031 Henbit
Lamium amplexicaule

EDIBLE Leaves, Stems, Flowers
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 56–57

032 Plantain (Narrowleaf)
Plantago lanceolata

EDIBLE Leaves
NUTRIENTS Fiber 3.71g · Fe 1.54mg · Mg 49.3mg · Vit C 13.6mg · Mn 0.38mg · Cu 0.14mg
MEDICINE EMA recognizes leaf for traditional cough/throat irritation uses, not proven clinical efficacy.
INDIGENOUS Miami: culturally significant introduced plant. Anishinaabek: leaves on bites/wounds.

Original pp. 57–59

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

033 Common Mullein
Verbascum thapsus

EDIBLE None recorded
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE EMA recognizes flower for traditional sore-throat/dry-cough use, not proven clinical efficacy.
INDIGENOUS Menominee and Forest Potawatomi: historical respiratory uses, including smoking (not advised).

Original pp. 59–60

034 Goldenrod (Solidago spp.)
Solidago spp.

EDIBLE Young leaves, but only with species-level identification.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Species-specific traditional uses; EMA monograph for European S. virgaurea, not all goldenrods.
INDIGENOUS Forest Potawatomi: S. canadensis tea for fevers. Haudenosaunee: S. canadensis medicinal records.

Original pp. 60–62

035 Prickly Lettuce (Wild Lettuce)
Lactuca serriola

EDIBLE No human food recommendation established.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ramah Navajo: L. serriola in a ceremonial emetic; not transferable to all wild lettuces.

Original pp. 62–64

036 Pigweed (Redroot Amaranth)
Amaranthus retroflexus

EDIBLE Young leaves, Seeds
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ute: seeds parched or ground for flour/mush; young greens eaten (species-group caveat).

Original pp. 64–65

037 Queen Anne's Lace (Wild Carrot)
Daucus carota

EDIBLE Leaves, young roots, flowers, seeds - EXPERT ID ONLY.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Miami: roots historically eaten. Mohegan: flower preparation for diabetes (not proven).
CAUTION DANGER: poison hemlock is a lethal look-alike.

Original pp. 65–67

038 Common Milkweed
Asclepias syriaca

EDIBLE Young shoots/leaves, buds/flowers and immature pods - COOKED.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Miami and Ojibwe: cooked young parts as food. Menominee: buds as food and fiber use.
CAUTION Correct species and cook; important monarch host.

Original pp. 67–69

039 Broadleaf Cattail
Typha latifolia

EDIBLE Shoots, pollen, rhizomes and immature flower spikes.
NUTRIENTS Fiber 4.5g · Mg 63mg · K 309mg · Vit K 22.8µg · Mn 2.075mg · B6 0.123mg
MEDICINE Historically used for wound dressings and root/leaf-base preparations; not clinically proven.
INDIGENOUS Flambeau Ojibwe: leaf mats, seed-fluff bedding. Menominee and Ojibwe: shoots/pollen/rhizomes as food.
CAUTION Polluted wetlands can contaminate edible parts.

Original pp. 69–71

040 Poison Hemlock
Conium maculatum

EDIBLE NONE - HIGHLY POISONOUS.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION DANGER: do not ingest, medicinally use or burn.

Original pp. 71–72

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

041 Water Hemlock
Cicuta maculata

EDIBLE NONE - LETHALLY POISONOUS.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: poisonous root in historical hunting ceremony; NOT a safe preparation.
CAUTION DANGER: roots particularly lethal; do not handle for food.

Original pp. 72–73

042 Poison Ivy
Toxicodendron radicans

EDIBLE NONE - URUSHIOL CONTACT HAZARD.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Kiowa, Houma and Cherokee: dangerous historical medicinal uses; Navajo: recognized toxicity.
CAUTION DANGER: urushiol causes severe contact dermatitis.

Original pp. 73–75

043 Wild Parsnip
Pastinaca sativa

EDIBLE NONE - PHOTOTOXIC SAP; AVOID WILD HARVEST.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pillager Ojibwe: tiny root amount in historic compound preparation; larger amounts deemed poisonous.
CAUTION DANGER: sap + sun can severely burn skin.

Original pp. 75–76

044 Pokeweed
Phytolacca americana

EDIBLE NONE - POISONOUS; FOOD USE NOT RECOMMENDED.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Cherokee: historical young-leaf food and root-medicine records; plant is poisonous.
CAUTION DANGER: toxic even with historical food records.

Original pp. 76–78

045 Japanese Knotweed
Reynoutria japonica

EDIBLE Young shoots/stems
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE East Asian root/rhizome herbal history; compounds do not establish Lyme/other treatment.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Invasive: do not move viable stem/rhizome fragments.

Original pp. 78–79

046 Ramps (Wild Leek)
Allium tricoccum

EDIBLE Leaves, Bulbs
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Potawatomi and Kickapoo: ramps linked to “chikako” (Chicago). Ojibwe: food and historical medicine.
CAUTION Harvest gently; digging bulbs kills plants.

Original pp. 79–81

047 Wild Onion
Allium canadense

EDIBLE Bulbs, Leaves, Flowers, Stems
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE Traditional use for stings and cough; clinical efficacy not established.
INDIGENOUS Dakota: wild onion used as food/relish.

Original pp. 81–82

048 Field Garlic (Wild Garlic)
Allium vineale

EDIBLE Bulbs, Leaves, Flowers
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 82–83

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049 Spring Beauty
Claytonia virginica

EDIBLE Corms
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Digging the corm kills the plant.

Original pp. 83–84

050 Wild Strawberry
Fragaria virginiana

EDIBLE Fruit
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: berries as food and root tea. Menominee and Meskwaki: food and preserves.

Original pp. 84–86

051 American Groundnut (Hopniss)
Apios americana

EDIBLE Tubers, Seeds
NUTRIENTS Protein 5.0g · Carbs 32.8g
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Dakota: groundnut tubers as food.

Original pp. 86–87

052 Jerusalem Artichoke (Sunchoke)
Helianthus tuberosus

EDIBLE Tubers
NUTRIENTS Fiber 1.60g · Fe 3.40mg · K 429mg · Vit C 4.0mg · Phos 78mg · B1 0.20mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pawnee: tubers raw/boiled/roasted. Dakota and Cheyenne: tuber food use.

Original pp. 87–89

053 American Elderberry
Sambucus canadensis

EDIBLE Flowers and ripe berries ONLY after appropriate cooking.
NUTRIENTS Fiber 7.00g · Fe 1.60mg · K 280mg · Vit C 36mg · Vit A 30µg · B6 0.23mg (generic elderberry ref.)
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Miami: berry food and wood for maple taps. Potawatomi and Meskwaki: berries; other uses.
CAUTION Do NOT eat raw/underripe fruit or toxic plant parts.

Original pp. 89–92

054 Black Raspberry
Rubus occidentalis

EDIBLE Fruit
NUTRIENTS Fe 2.43mg[dry] · Mg 110.11mg[dry] · K 1003.98mg[dry] · Zn 2.03mg[dry] · Mn 0.84mg[dry] · Cu 0.95mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Meskwaki: fresh/dried berries and root tea. Ojibwe: berries and historical eyewash.

Original pp. 92–93

055 Staghorn Sumac
Rhus typhina

EDIBLE Fruit clusters
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pillager Ojibwe: fruit drink and root medicine. Menominee: drink/dye. Potawatomi: leaf mixture.
CAUTION Identify Rhus typhina, not poison sumac.

Original pp. 93–95

056 Black Walnut
Juglans nigra

EDIBLE Nuts
NUTRIENTS Protein 24.06g[dry] · Fiber 6.80g[dry] · Mg 201mg[dry] · Phos 513mg[dry] · Mn 3.896mg[dry] · Cu 1.36mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Dakota/Lakota: nuts in soups; hull material for dark dye.

Original pp. 95–97

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

057 Shagbark Hickory
Carya ovata

EDIBLE Nuts
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: nuts as food; wood for bows and tools.

Original pp. 97–98

058 Sugar Maple
Acer saccharum

EDIBLE Sap
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: sap as drink and food; maple-sugar production.

Original pp. 98–99

059 Hackberry
Celtis occidentalis

EDIBLE Fruit
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Dakota: documented in regional plant-use records; specific use not detailed in guide.

Original pp. 99–101

060 American Basswood
Tilia americana

EDIBLE Young leaves, Flowers
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe and Dakota: bark/bast and wood for ties, framework and other materials.

Original pp. 101–102

061 Pawpaw
Asimina triloba

EDIBLE Ripe fruit pulp
NUTRIENTS Fiber 3.30g · Mg 10.6mg · K 221mg · Vit C 27.6mg · Folate 116µg · Cu 0.105mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Iroquois: mashed fruit dried into cakes. Cherokee: fruit as food; bark cordage.
CAUTION Eat ripe pulp only; avoid seeds/skin.

Original pp. 102–104

062 American Persimmon
Diospyros virginiana

EDIBLE Fully ripe fruit pulp
NUTRIENTS Protein 0.80g · Ca 27mg · Fe 2.50mg · K 310mg · Vit C 66mg · Phos 26mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Cherokee Nation: ripe fruit eaten fresh, dried or made into persimmon bread.
CAUTION Use fully ripe non-astringent fruit.

Original pp. 104–106

063 Downy Serviceberry
Amelanchier arborea

EDIBLE Fruit
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: fruit as food; stalks historically for arrows.

Original pp. 106–107

064 Oyster Mushroom
Pleurotus ostreatus

EDIBLE Fruiting body
NUTRIENTS Protein 2.90g · Fiber 2.85g · Folate 63.1µg · β-glucan 1.92g · B3 5.75mg · B2 0.244mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook before eating.

Original pp. 107–109

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

065 Chicken of the Woods
Laetiporus sulphureus

EDIBLE Young tender fruiting body
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook well; reactions possible.

Original pp. 109–111

066 White-Pored Chicken of the Woods
Laetiporus cincinnatus

EDIBLE Young tender fruiting body
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook well.

Original pp. 111–112

067 Hen of the Woods (Maitake)
Grifola frondosa

EDIBLE Fruiting body
NUTRIENTS Fiber 3.07g · Cu 0.272mg · β-glucan 2.26g · B3 6.76mg · Vit D 1.6µg · Biotin 32.6µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook well.

Original pp. 112–114

068 Lion's Mane
Hericium erinaceus

EDIBLE Fruiting body
NUTRIENTS Protein 2.50g · Fiber 4.38g · Cu 0.177mg · B2 0.363mg · B1 0.146mg · Ergothioneine 17.2mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook well.

Original pp. 114–116

069 Morels
Morchella spp.

EDIBLE Fruiting body - thoroughly cook before eating.
NUTRIENTS Protein 3.12g · Fiber 2.80g · Ca 43mg · Fe 12.2mg · K 411mg · B3 2.25mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Morels must be cooked; toxic look-alikes exist.

Original pp. 116–118

070 Giant Puffball
Calvatia gigantea

EDIBLE Only young puffballs with uniformly white interior; expert ID.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Dangerous look-alikes; cut lengthwise and verify.

Original pp. 119–120

071 Pheasant Back (Dryad's Saddle)
Cerioporus squamosus

EDIBLE Young tender fruiting body/margins
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook thoroughly.

Original pp. 120–122

072 Chanterelles
Cantharellus spp.

EDIBLE Fruiting body
NUTRIENTS Fiber 3.80g · Fe 3.47mg · K 506mg · Phos 57mg · Cu 0.35mg · B3 4.08mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; poisonous look-alikes.

Original pp. 122–124

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

073 Black Trumpet
Craterellus fallax

EDIBLE Fruiting body
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; cook thoroughly.

Original pp. 124–125

074 Jack-o'-Lantern Mushroom
Omphalotus illudens

EDIBLE NONE - POISONOUS LOOK-ALIKE.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION DANGER: poisonous; may resemble chanterelles.

Original pp. 125–127

075 Destroying Angel
Amanita bisporigera

EDIBLE NONE - DEADLY POISONOUS.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION DANGER: amatoxin poisoning can be fatal.

Original pp. 127–128

076 Silver Maple
Acer saccharinum

EDIBLE Sap
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Cherokee and Ojibwe: historical bark infusions for ailments (not proven).

Original pp. 128–130

077 Red Maple
Acer rubrum

EDIBLE Sap
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Flambeau Ojibwe: bark wash/tea for sore eyes. Ojibwe: maple-leaf motifs in beadwork.

Original pp. 130–131

078 Boxelder
Acer negundo

EDIBLE Sap
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pillager Ojibwe: inner-bark emetic (historical, not recommended).

Original pp. 131–132

079 Butternut (White Walnut)
Juglans cinerea

EDIBLE Nut kernel
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: nuts as food, hulls as dye. Flambeau/Pillager Ojibwe: dark dyes.

Original pp. 132–133

080 Shellbark Hickory
Carya laciniosa

EDIBLE Nut kernel
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 134–135

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
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081 White Oak
Quercus alba

EDIBLE Acorns, only after sufficient tannin leaching.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Ojibwe: acorns after tannin removal for food/soup; oak wood for construction/tools.
CAUTION Raw acorns high in tannins; process thoroughly.

Original pp. 135–136

082 Bur Oak
Quercus macrocarpa

EDIBLE Acorns, only after sufficient tannin leaching.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pillager Ojibwe: bark medicine/bandages. Ojibwe: leached acorns as food; Flambeau dye.
CAUTION Raw acorns high in tannins; process thoroughly.

Original pp. 136–137

083 Northern Red Oak
Quercus rubra

EDIBLE Acorns, only after extensive tannin leaching.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Flambeau Ojibwe: bark for heart/bronchial complaints. Ojibwe: leached acorns as food.
CAUTION Raw acorns high in tannins; process thoroughly.

Original pp. 137–139

084 Swamp White Oak
Quercus bicolor

EDIBLE Acorns, only after sufficient tannin leaching.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Raw acorns high in tannins; process thoroughly.

Original pp. 139–140

085 Red Mulberry
Morus rubra

EDIBLE Fully ripe fruit
NUTRIENTS Fat 0.85g
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Haudenosaunee: fruit dried for storage/sauces. Cherokee: mulberry-cornmeal dumplings.
CAUTION Use only ripe red mulberries.

Original pp. 140–142

086 Black Cherry
Prunus serotina

EDIBLE Only ripe flesh; discard pits, stems and leaves.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Flambeau Ojibwe: ripe cherries dried for winter.
CAUTION Pits contain cyanogenic compounds; do not crush.

Original pp. 142–143

087 Chokecherry
Prunus virginiana

EDIBLE Only ripe flesh; exclude seeds/pits.
NUTRIENTS Protein 3.04g · Fiber 20.0g · K 379mg · Vit K 21.1µg · B2 0.173mg · B6 0.198mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pillager Ojibwe: fruit as food; inner-bark tea for lung complaints.
CAUTION Pits/seeds contain cyanogenic compounds; do not crush.

Original pp. 143–145

088 American Plum
Prunus americana

EDIBLE Ripe fruit flesh
NUTRIENTS Fiber 6.00g · K 364mg · Vit C 10.3mg · Vit A 173µg · Vit K 11.2µg · Phos 30mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Cheyenne: plums fresh, dried or in desserts; branches in Sun Dance setting.

Original pp. 145–148

Nutrients = source-reported quantities per 100 g of specified food/form; key values only. “Not quantified” ≠ absent.
Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

089 American Hazelnut
Corylus americana

EDIBLE Nut kernel
NUTRIENTS Protein 25.1g[dry] · Crude fiber 2.1g[dry] · Ca 280mg[dry] · Phos 390mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Flambeau Ojibwe: nuts as food; twigs for household items; hulls for dye.

Original pp. 148–149

090 Autumn Olive
Elaeagnus umbellata

EDIBLE Ripe fruit
NUTRIENTS Ascorbic acid 5.66mg[fresh] · Dehydroascorbic acid 23.46mg[fresh]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Invasive: contain seeds and prevent spread.

Original pp. 149–150

091 Multiflora Rose
Rosa multiflora

EDIBLE Ripe rose hips; remove irritating seeds/hairs.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Invasive: contain rose seeds/hairs.

Original pp. 151–152

092 Riverbank Grape
Vitis riparia

EDIBLE Ripe fruit
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pillager Ojibwe: “river-bank grape” jelly and sap/twig uses; historical species name uncertain.
CAUTION DANGER: distinguish from toxic moonseed.

Original pp. 152–153

093 Canada Moonseed
Menispermum canadense

EDIBLE NONE - POISONOUS GRAPE LOOK-ALIKE.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION DANGER: moonseed fruits resemble grapes.

Original pp. 153–154

094 Golden Oyster Mushroom
Pleurotus citrinopileatus

EDIBLE Fruiting body
NUTRIENTS Protein 28.5g[dry] · Fiber 34.0g[dry] · Fat 1.4g[dry] · Sugars 4.5g[dry] (dried cultured sample)
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION Mushrooms require expert ID; invasive spread concern.

Original pp. 154–156

095 Deadly Galerina
Galerina marginata

EDIBLE NONE - DEADLY POISONOUS.
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).
CAUTION DANGER: deadly amatoxins; no culinary use.

Original pp. 156–157

096 Apple
Malus domestica

EDIBLE Ripe fruit flesh and peel
NUTRIENTS Fiber 2.4g · Fe 0.12mg · Mg 5mg · K 107mg · Vit C 4.6mg · Phos 11mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 157–159

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097 European Pear
Pyrus communis

EDIBLE Ripe fruit flesh and peel
NUTRIENTS Protein 0.36g · Fiber 3.1g · Fe 0.18mg · Mg 7mg · K 116mg · Phos 12mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 159–161

098 Crabapple (Ornamental & Wild Types)
Malus spp.

EDIBLE Verified ripe flesh of identified edible Malus fruit (seeds removed)
NUTRIENTS Not numerically quantified for this species/edible part in guide.
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 161–162

099 Culinary Parsley
Petroselinum crispum

EDIBLE Verified cultivated culinary leaves and tender stems
NUTRIENTS Protein 2.97g · Fiber 3.3g · Ca 138mg · Fe 6.2mg · Mg 50mg · K 554mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 162–164

100 Sweet Basil
Ocimum basilicum

EDIBLE Cultivated culinary leaves
NUTRIENTS Protein 3.15g · Fiber 1.6g · Ca 177mg · Fe 3.17mg · Mg 64mg · K 295mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 164–165

101 Tomato (Ripe Red)
Solanum lycopersicum

EDIBLE Known cultivated ripe tomato fruit
NUTRIENTS Protein 0.88g · Fiber 1.2g · Fe 0.27mg · Mg 11mg · K 237mg · Phos 24mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Nahua-speaking Mesoamerican communities: pre-colonial tomato cultivation and food use.

Original pp. 165–167

102 Cucumber (With Peel)
Cucumis sativus

EDIBLE Confirmed cucumber fruit, with peel
NUTRIENTS Protein 0.65g · Fiber 0.5g · Fe 0.28mg · Mg 13mg · K 147mg · Phos 24mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 167–169

103 Garden Strawberry
Fragaria × ananassa

EDIBLE Cultivated ripe fruit
NUTRIENTS Fiber 2g · Fe 0.41mg · Mg 13mg · K 153mg · Vit C 58.8mg · Phos 24mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 169–170

104 Cultivated Highbush Blueberry
Vaccinium corymbosum

EDIBLE Ripe fruit from positively identified Vaccinium plants
NUTRIENTS Protein 0.74g · Fiber 2.4g · Fe 0.28mg · Mg 6mg · K 77mg · Vit C 9.7mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 170–172

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105 Cultivated Carrot
Daucus carota subsp. sativus

EDIBLE Orange (or differently colored) cultivated storage root, washed
NUTRIENTS Fiber 2.8g · Ca 33mg · Mg 12mg · K 320mg · Vit C 5.9mg · Phos 35mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 172–174

106 White Potato (Cultivated)
Solanum tuberosum

EDIBLE White potato tuber flesh and skin, raw reference (cook before eating)
NUTRIENTS Protein 1.68g · Fiber 2.4g · Fe 0.52mg · Mg 21mg · K 407mg · Phos 62mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Andean Indigenous farmers: potato domestication and stewardship (not modern white cultivar).

Original pp. 174–176

107 Sweet Potato
Ipomoea batatas

EDIBLE Raw edible storage root (commodity reference, cook as food)
NUTRIENTS Protein 1.57g · Fiber 3g · Fe 0.61mg · Mg 25mg · K 337mg · Phos 47mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 176–177

108 Bulb Onion
Allium cepa

EDIBLE Peeled mature onion bulb, raw
NUTRIENTS Protein 1.1g · Fiber 1.7g · Mg 10mg · K 146mg · Vit C 7.4mg · Phos 29mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 177–179

109 Cultivated Garlic
Allium sativum

EDIBLE Peeled garlic clove / bulb scales, raw
NUTRIENTS Protein 6.36g · Fiber 2.1g · Ca 181mg · Fe 1.7mg · Vit C 31.2mg · Phos 153mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 179–181

110 Broccoli
Brassica oleracea (Italica Group)

EDIBLE Raw broccoli florets and tender stalks
NUTRIENTS Protein 2.82g · Fiber 2.6g · Mg 21mg · K 316mg · Vit C 89.2mg · Phos 66mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 181–182

111 Kale (Cultivated)
Brassica oleracea (Kale Group)

EDIBLE Raw cultivated kale leaves (edible portion)
NUTRIENTS Protein 2.92g · Fiber 4.1g · Ca 254mg · Fe 1.6mg · Mg 33mg · Vit C 93.4mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 182–184

112 Garden Asparagus
Asparagus officinalis

EDIBLE Young raw asparagus spears (trimmed edible portion)
NUTRIENTS Protein 2.2g · Fiber 2.1g · Fe 2.14mg · K 202mg · Vit C 5.6mg · Phos 52mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 184–185

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113 Green Snap Bean
Phaseolus vulgaris

EDIBLE Tender immature green pods with small developing seeds
NUTRIENTS Protein 1.83g · Fiber 2.7g · Fe 1.03mg · Mg 25mg · K 211mg · Vit C 12.2mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Haudenosaunee: bean cultivation in Three Sisters gardens (species-level, not snap-bean cultivar).

Original pp. 186–187

114 Red Sweet Bell Pepper
Capsicum annuum (sweet bell cultivar)

EDIBLE Ripe red sweet pepper fruit wall with core and stem excluded
NUTRIENTS Fiber 2.1g · Fe 0.43mg · Mg 12mg · K 211mg · Vit C 127.7mg · Phos 26mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Mesoamerican Indigenous farmers: Capsicum crop ancestry (not specifically modern bell pepper).

Original pp. 187–189

115 Cultivated Spinach
Spinacia oleracea

EDIBLE Fresh cultivated spinach leaves, raw
NUTRIENTS Protein 2.86g · Fiber 2.2g · Fe 2.71mg · Mg 79mg · Vit C 28.1mg · Folate 194µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 189–191

116 Green Cabbage
Brassica oleracea (Cabbage Group)

EDIBLE Raw green cabbage head leaves, trimmed edible portion
NUTRIENTS Fiber 2.5g · Ca 40mg · Mg 12mg · K 170mg · Vit C 36.6mg · Folate 43µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 191–193

117 Cauliflower
Brassica oleracea (Cauliflower Group)

EDIBLE Raw cauliflower florets and tender edible stalk
NUTRIENTS Protein 1.92g · Fiber 2g · Mg 15mg · K 299mg · Vit C 48.2mg · Folate 57µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 193–194

118 Brussels Sprouts
Brassica oleracea (Brussels Sprouts Group)

EDIBLE Raw compact axillary Brussels sprouts buds
NUTRIENTS Protein 3.38g · Fiber 3.8g · Fe 1.4mg · K 389mg · Vit C 85mg · Folate 61µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 194–196

119 Stalk Celery
Apium graveolens var. dulce

EDIBLE Raw cultivated celery leaf stalks (petioles), trimmed
NUTRIENTS Fiber 1.6g · Ca 40mg · Mg 11mg · K 260mg · Vit C 3.1mg · Folate 36µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 196–198

120 Garden Beetroot
Beta vulgaris (Garden Beet Group)

EDIBLE Raw cultivated beet storage root, peeled/trimmed edible portion
NUTRIENTS Fiber 2.8g · Fe 0.8mg · Mg 23mg · K 325mg · Vit C 4.9mg · Folate 109µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 198–199

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121 Garden Radish
Raphanus raphanistrum subsp. sativus

EDIBLE Raw cultivated radish storage root, trimmed
NUTRIENTS Fiber 1.6g · Ca 25mg · Mg 10mg · K 233mg · Vit C 14.8mg · Folate 25µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 199–201

122 Zucchini (Summer Squash)
Cucurbita pepo (Zucchini Group)

EDIBLE Raw young zucchini fruit with skin, stem excluded
NUTRIENTS Fiber 1g · Mg 18mg · K 261mg · Vit C 17.9mg · Folate 24µg · Phos 38mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous farmers in Mexico/eastern North America: Cucurbita pepo crop ancestry, not modern zucchini.

Original pp. 201–203

123 Cultivated Eggplant
Solanum melongena

EDIBLE Raw edible eggplant fruit with skin and seeds, stem/calyx excluded
NUTRIENTS Protein 0.98g · Fiber 3g · Mg 14mg · K 229mg · Vit C 2.2mg · Folate 22µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 203–205

124 Yellow Sweet Corn
Zea mays (yellow sweet-corn cultivars)

EDIBLE Raw yellow sweet corn kernels removed from cob, edible portion
NUTRIENTS Protein 3.27g · Fiber 2g · Mg 37mg · Vit C 6.8mg · Folate 42µg · Phos 89mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Kanien’kehá:ka (Mohawk)/Haudenosaunee: maize foodways and Three Sisters; cultivar distinct.

Original pp. 205–207

125 Sweet Orange
Citrus × sinensis

EDIBLE Fresh sweet-orange segments without peel, raw
NUTRIENTS Fiber 2.4g · Ca 40mg · Mg 10mg · K 181mg · Vit C 53.2mg · Folate 30µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 207–208

126 Cultivated Lemon
Citrus × limon

EDIBLE Fresh lemon pulp without peel, raw
NUTRIENTS Protein 1.1g · Fiber 2.8g · Fe 0.6mg · K 138mg · Vit C 53mg · Folate 11µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 209–210

127 Culinary Lime
Citrus spp. (commercial limes)

EDIBLE Fresh commercial lime flesh without nonfood rind, raw
NUTRIENTS Fiber 2.8g · Ca 33mg · Fe 0.6mg · K 102mg · Vit C 29.1mg · Folate 8µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 210–212

128 Watermelon
Citrullus lanatus

EDIBLE Raw ripe watermelon flesh, not rind
NUTRIENTS Protein 0.61g · Fiber 0.4g · Fe 0.24mg · Mg 10mg · K 112mg · Vit C 8.1mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 212–214

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129 Cantaloupe / Muskmelon
Cucumis melo (Reticulatus Group)

EDIBLE Raw cantaloupe edible orange flesh, not rind
NUTRIENTS Fiber 0.8g · Fe 0.38mg · Mg 13mg · K 157mg · Vit C 10.9mg · Folate 14µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 214–215

130 Avocado
Persea americana

EDIBLE Raw ripe avocado flesh without pit or peel
NUTRIENTS Fiber 6.7g · Mg 29mg · K 485mg · Vit C 10mg · Folate 81µg · Phos 52mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous Mesoamerican societies: long-standing avocado food/cultivation history.

Original pp. 215–217

131 Fresh Coconut
Cocos nucifera

EDIBLE Raw fresh mature coconut meat (white endosperm), not water
NUTRIENTS Protein 3.33g · Fiber 9g · Fe 2.43mg · Mg 32mg · K 356mg · Phos 113mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 217–219

132 Mango
Mangifera indica

EDIBLE Raw ripe mango flesh without skin or pit
NUTRIENTS Protein 0.82g · Fiber 1.6g · Mg 10mg · K 168mg · Vit C 36.4mg · Folate 43µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 219–221

133 Pineapple
Ananas comosus

EDIBLE Raw pineapple edible flesh, core as normally eaten, without rind
NUTRIENTS Fiber 1.4g · Fe 0.29mg · Mg 12mg · K 109mg · Vit C 47.8mg · Folate 18µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous tropical American foodways: pineapple before colonization; origin attribution disputed.

Original pp. 221–222

134 White-fleshed Dragon Fruit
Selenicereus undatus

EDIBLE Fresh white-fleshed Selenicereus undatus pulp, seeds included
NUTRIENTS Fiber 0.83g · Ca 45.7mg · Fe 0.87mg · Mg 45.9mg · K 193mg · Vit C 5.64mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 223–224

135 Dessert Banana
Musa (edible dessert banana cultivars)

EDIBLE Raw ripe banana pulp, without peel
NUTRIENTS Protein 1.09g · Fiber 2.6g · Mg 27mg · K 358mg · Vit C 8.7mg · Folate 20µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 224–226

136 Ripe Papaya
Carica papaya

EDIBLE Raw ripe papaya flesh, peel and seeds excluded
NUTRIENTS Fiber 1.7g · Ca 20mg · Mg 21mg · K 182mg · Vit C 60.9mg · Folate 37µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 226–228

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137 Common Guava
Psidium guajava

EDIBLE Raw ripe common guava edible flesh and normally eaten skin
NUTRIENTS Protein 2.55g · Fiber 5.4g · Mg 22mg · K 417mg · Vit C 228.3mg · Folate 49µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 228–229

138 Green Kiwifruit
Actinidia deliciosa

EDIBLE Raw green kiwifruit flesh with edible black seeds; USDA edible portion
NUTRIENTS Fiber 3g · Mg 17mg · K 312mg · Vit C 92.7mg · Folate 25µg · Phos 34mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 229–231

139 Pomegranate
Punica granatum

EDIBLE Raw pomegranate arils (juice sacs with normally eaten seeds), no rind
NUTRIENTS Protein 1.67g · Fiber 4g · K 236mg · Vit C 10.2mg · Folate 38µg · Phos 36mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 231–233

140 Pink and Red Grapefruit
Citrus × paradisi

EDIBLE Raw pink/red grapefruit edible flesh, peel excluded
NUTRIENTS Fiber 1.6g · Ca 22mg · Mg 9mg · K 135mg · Vit C 31.2mg · Folate 13µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 233–235

141 Sweet Cherry
Prunus avium

EDIBLE Raw ripe sweet cherry flesh and skin, hard stones excluded
NUTRIENTS Protein 1.06g · Fiber 2.1g · Fe 0.36mg · Mg 11mg · K 222mg · Vit C 7mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 235–236

142 Yellow Peach
Prunus persica

EDIBLE Raw yellow peach flesh and skin, stone excluded
NUTRIENTS Protein 0.91g · Fiber 1.5g · Mg 9mg · K 190mg · Vit C 6.6mg · Phos 20mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 236–238

143 Fresh Apricot
Prunus armeniaca

EDIBLE Raw ripe apricot flesh and skin, pit excluded
NUTRIENTS Protein 1.4g · Fiber 2g · Mg 10mg · K 259mg · Vit C 10mg · Folate 9µg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 238–240

144 European Table Grapes
Vitis vinifera

EDIBLE Raw red or green cultivated European table grapes, flesh and skin
NUTRIENTS Fiber 0.9g · Fe 0.36mg · Mg 7mg · K 191mg · Vit C 3.2mg · Phos 20mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 240–242

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Indigenous uses are attributed historical records, not universal current practices; medicine is NOT treatment advice.

145 Cooked Chickpeas
Cicer arietinum

EDIBLE Mature chickpea seeds, boiled in water without salt, drained
NUTRIENTS Protein 8.86g · Fiber 7.6g · Fe 2.89mg · Mg 48mg · Folate 172µg · Phos 168mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 242–243

146 Cooked Lentils
Lens culinaris

EDIBLE Mature lentil seeds, boiled without salt
NUTRIENTS Protein 9.02g · Fiber 7.9g · Fe 3.33mg · Mg 36mg · Folate 181µg · Phos 180mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 243–245

147 Cooked Mature Soybeans
Glycine max

EDIBLE Mature soybeans, boiled without salt (not green edamame)
NUTRIENTS Protein 18.21g · Fiber 6g · Fe 5.14mg · Mg 86mg · Folate 54µg · Phos 245mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 245–247

148 Cooked Green Garden Peas
Pisum sativum

EDIBLE Green garden pea seeds, boiled and drained; pods excluded
NUTRIENTS Protein 5.36g · Fiber 5.5g · Mg 39mg · Vit C 14.2mg · Folate 63µg · Phos 117mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 247–249

149 Cooked Black Beans
Phaseolus vulgaris

EDIBLE Mature black common-bean seeds, boiled without salt
NUTRIENTS Protein 8.86g · Fiber 8.7g · Fe 2.1mg · Mg 70mg · Folate 149µg · Phos 140mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Haudenosaunee: common-bean heritage with corn and squash; modern black cultivar not specified.

Original pp. 249–251

150 Cooked Red Kidney Beans
Phaseolus vulgaris

EDIBLE Red kidney bean mature seeds, fully boiled without salt
NUTRIENTS Protein 8.67g · Fiber 7.4g · Fe 2.94mg · Mg 45mg · Folate 130µg · Phos 142mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Haudenosaunee: common-bean farming in Three Sisters; kidney cultivar not documented.

Original pp. 251–253

151 Unfortified Dry Rolled Oats
Avena sativa

EDIBLE Dry unfortified oat flakes/regular and quick oats, not prepared oatmeal
NUTRIENTS Protein 13.15g[dry] · Fiber 10.1g[dry] · Fe 4.25mg[dry] · Mg 138mg[dry] · Folate 32µg[dry] · Phos 410mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 253–255

152 Cooked Unenriched White Rice
Oryza sativa

EDIBLE Cooked white long-grain unenriched rice kernels
NUTRIENTS Protein 2.69g · Fiber 0.4g · Ca 10mg · Fe 0.2mg · Mg 12mg · Phos 43mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 255–257

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153 Cooked Quinoa
Chenopodium quinoa

EDIBLE Cooked quinoa seeds, prepared with water
NUTRIENTS Protein 4.4g · Fiber 2.8g · Fe 1.49mg · Mg 64mg · Folate 42µg · Phos 152mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous Andean communities: quinoa cultivation; flour, soups, bread and chicha.

Original pp. 257–258

154 Raw Peanut Kernels
Arachis hypogaea

EDIBLE Raw edible shelled peanut kernels
NUTRIENTS Protein 25.8g · Fiber 8.5g · Fe 4.58mg · Mg 168mg · Folate 240µg · Phos 376mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 259–260

155 Cooked Pinto Beans
Phaseolus vulgaris

EDIBLE Mature pinto bean seeds, cooked, boiled without salt
NUTRIENTS Protein 9.01g · Fiber 9g · Fe 2.09mg · Mg 50mg · Folate 172µg · Phos 147mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Haudenosaunee: common-bean crop heritage; modern pinto cultivar not documented.

Original pp. 260–262

156 Cooked Split Peas
Pisum sativum

EDIBLE Dehulled split mature pea seeds cooked in water
NUTRIENTS Protein 8.34g · Fiber 8.3g · Mg 36mg · K 362mg · Folate 65µg · Phos 99mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 262–264

157 Cooked Buckwheat Groats
Fagopyrum esculentum

EDIBLE Roasted buckwheat seeds (groats), cooked in water
NUTRIENTS Protein 3.38g · Fiber 2.7g · Fe 0.8mg · Mg 51mg · Folate 14µg · Phos 70mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 264–266

158 Cooked Millet
Panicum miliaceum

EDIBLE Commercial common/proso millet grain cooked in water
NUTRIENTS Protein 3.51g · Fiber 1.3g · Fe 0.63mg · Mg 44mg · Folate 19µg · Phos 100mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 266–267

159 Cooked Pearled Barley
Hordeum vulgare

EDIBLE Pearled barley kernels cooked in water
NUTRIENTS Protein 2.26g · Fiber 3.8g · Fe 1.33mg · Mg 22mg · Folate 16µg · Phos 54mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 267–269

160 Cooked Bulgur Wheat
Triticum turgidum

EDIBLE Cooked bulgur, a parboiled and cracked wheat product
NUTRIENTS Protein 3.08g · Fiber 4.5g · Fe 0.96mg · Mg 32mg · Folate 18µg · Phos 40mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 269–271

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161 Dried Sunflower Kernels
Helianthus annuus

EDIBLE Unsalted dried edible sunflower seed kernels without hulls
NUTRIENTS Protein 20.78g[dry] · Fiber 8.6g[dry] · Fe 5.25mg[dry] · Mg 325mg[dry] · Folate 227µg[dry] · Phos 660mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous eastern North American farmers: ancient domestication and use of sunflower.

Original pp. 271–272

162 Dried Pumpkin and Squash Kernels
Cucurbita spp.

EDIBLE Dried shelled pumpkin/squash seed kernels (pepitas), no hull
NUTRIENTS Protein 30.23g[dry] · Fiber 6g[dry] · Fe 8.82mg[dry] · Mg 592mg[dry] · K 809mg[dry] · Phos 1233mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous Texas foodways: squash in Three Sisters cropping; modern kernels not specifically documented.

Original pp. 273–274

163 Dried Chia Seeds
Salvia hispanica

EDIBLE Clean food-grade dried chia seeds
NUTRIENTS Protein 16.54g[dry] · Fiber 34.4g[dry] · Ca 631mg[dry] · Fe 7.72mg[dry] · Mg 335mg[dry] · Phos 860mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Pre-colonial Mesoamerican societies: chia as food and in ceremonies; historical medicine records.

Original pp. 274–276

164 Whole Flaxseed
Linum usitatissimum

EDIBLE Whole dry food-grade flaxseeds
NUTRIENTS Protein 18.29g · Fiber 27.3g · Fe 5.73mg · Mg 392mg · Folate 87µg · Phos 642mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 276–278

165 Almond Kernels
Prunus dulcis

EDIBLE Edible sweet almond kernels, shelled
NUTRIENTS Protein 21.15g · Fiber 12.5g · Ca 269mg · Fe 3.71mg · Mg 270mg · Phos 481mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 278–279

166 English Walnut Kernels
Juglans regia

EDIBLE Shelled English walnut kernels
NUTRIENTS Protein 15.23g · Fiber 6.7g · Fe 2.91mg · Mg 158mg · Folate 98µg · Phos 346mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 279–281

167 Whole Dried Sesame Seeds
Sesamum indicum

EDIBLE Whole dried edible sesame seeds, hulls retained
NUTRIENTS Protein 17.73g[dry] · Fiber 11.8g[dry] · Ca 975mg[dry] · Fe 14.55mg[dry] · Mg 351mg[dry] · Phos 629mg[dry]
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 281–283

168 Hulled Hemp Seeds
Cannabis sativa

EDIBLE Food-grade hulled hemp seed kernels (hemp hearts)
NUTRIENTS Protein 31.56g · Fiber 4g · Fe 7.95mg · Mg 700mg · Folate 110µg · Phos 1650mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 283–284

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169 Cooked Amaranth Grain
Amaranthus spp.

EDIBLE Cooked edible grain of cultivated grain amaranths (species not separated by USDA record)
NUTRIENTS Protein 3.8g · Fiber 2.1g · Fe 2.1mg · Mg 65mg · Phos 148mg · Zn 0.86mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Caddo ancestral cultivation of seed-plant relatives, incl. amaranth; exact grain taxon uncertain.

Original pp. 284–286

170 Dry Sorghum Grain
Sorghum bicolor

EDIBLE Dry intact edible sorghum grain
NUTRIENTS Protein 10.62g · Fiber 6.7g · Fe 3.36mg · Mg 165mg · K 363mg · Phos 289mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 286–287

171 Pecan Kernels
Carya illinoinensis

EDIBLE Shelled raw pecan nut kernels
NUTRIENTS Protein 9.17g · Fiber 9.6g · Fe 2.53mg · Mg 121mg · K 410mg · Phos 277mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Comanche: gathered/stored pecans. Caddo sites: pecan-shell archaeology.

Original pp. 288–289

172 Hazelnut Kernels
Corylus spp.

EDIBLE Raw shelled hazelnut/filbert kernels
NUTRIENTS Protein 14.95g · Fiber 9.7g · Fe 4.7mg · Mg 163mg · Folate 113µg · Phos 290mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS Indigenous use of native North American hazelnut relatives to flavor soups; commercial species uncertain.

Original pp. 289–291

173 Cashew Kernels
Anacardium occidentale

EDIBLE Commercially processed edible cashew kernels
NUTRIENTS Protein 18.22g · Fiber 3.3g · Fe 6.68mg · Mg 292mg · K 660mg · Phos 593mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 291–293

174 Raw Pistachio Kernels
Pistacia vera

EDIBLE Shelled raw pistachio kernels
NUTRIENTS Protein 20.16g · Fiber 10.6g · Fe 3.92mg · Mg 121mg · K 1025mg · Phos 490mg
MEDICINE No medicinal benefit established in this guide.
INDIGENOUS No nation-specific use verified in guide (not proof of non-use).

Original pp. 293–294