

Autumn Wildcrafting List

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Autumn in the Northeastern US is the time to start gathering roots, fruits, barks and seeds though there are still plants with gatherable greens.

Medicinal Plants

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| 1. Aesculus hippocastanum fruit | 11. Eupatorium perfoliatum leaf | 22. Prunus serotina bark |
| 2. Agrimonia species herb | 12. Euthamia graminifolia leaf | 23. Rumex species root |
| 3. Arctium species seed and root | 13. Galium aparine herb | 24. Salix species bark |
| 4. Betula lenta bark | 14. Ginkgo biloba leaf | 25. Sambucus nigra fruit |
| 5. Bidens species herb | 15. Hamamelis virginiana bark and leaf | 26. Solidago species leaf |
| 6. Cichorium intybus root | 16. Inula helenium root | 27. Taraxacum officinale root and leaf |
| 7. Crataegus species fruit | 17. Juglans nigra hull | 28. Thuja occidentalis leaf |
| 8. Daucus carota seed | 18. Lactuca species herb | 29. Trifolium pratense inflorescence |
| 9. Epilobium species seed and root | 19. Oenothera species seed/root | 30. Tussilago farfara leaf |
| 10. Eupatorium maculatum root | 20. Plantago species leaf | 31. Urtica dioica seed |
| | 21. Prunella vulgaris herb/flower | 32. Verbascum thapsus leaf and root |

Food-Greens

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| 1. Alliaria petiolata | 3. Nasturtium species | 5. Taraxacum officinale |
| 2. Cirsium species | 4. Portulaca oleracea | |

Food-Nuts and Seeds

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| 1. Carya ovata | 4. Impatiens species | 7. Quercus species |
| 2. Chenopodium album | 5. Juglans nigra | 8. Rumex species |
| 3. Fagus grandifolia | 6. Plantago species | 9. Urtica dioica |

Food-Roots

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| 1. Arctium species | 2. Cirsium species | 3. Pastinaca sativa |
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Food-Fruits

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| 1. Crataegus species | 3. Malus species | 5. Sambucus nigra fruit |
| 2. Eleagnus species | 4. Rosa species | 6. Vitis species |

Fungi-Food and Medicine

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| 1. Ganoderma tsugae | 4. Trametes versicolor |
| 2. Grifola frondosa | |
| 3. Pleurotis species | |