

Legacy Wilderness Academy's "Core 24"

Edible and Medicinal Plant Flashcards

Memorize these 24 *plants* and you'll have a *solid start* on learning our region's useful flora!

How to Match the Flashcards:

Each column corresponds to the opposite column on the next page. This will ensure that they automatically match up when printed double-sided. If you're worried that the ink will bleed through, you can also print them single-sided, then glue their backs together before cutting.



Option 1: Print them double-sided.
Option 2: Print them single-sided and glue their backs together.



Each column corresponds to the opposite column on the next page.



Once matched, cut the black lines to finish your flashcards!

Sassafras <i>Sassafras albidum</i> Sassafras has leaves with 3 different shapes, 1 lobed leaves, 1 lobed or mitten-shaped leaves, and regular unlobed leaves. The leaves have a distinct smell.	Yaupon holly <i>Ilex vomitoria</i> Yaupon has evergreen leaves with serrate or "scalloped" margins.
Persimmon <i>Diospyros virginiana</i> Persimmon trees are recognizable from a distance by their orange fruit, which is slightly larger than a ping pong ball. Look for them in the fall.	Winged sumac <i>Rhus copallinum</i> Sumac berries ripen in the midsummer.
Corn salad <i>Valerianella radiata</i> Corn salad is among the first greens that appear in the spring. It has a "symmetrical" appearance, and its leaves have a fine line of hairs around their margins (edges).	Purslane <i>Portulaca oleracea</i> Look for purslane in the summertime. It has succulent leaves and stems, yellow flowers, and does NOT have white sap.
Greenbriar <i>Smilax spp.</i> Greenbriar is a thorny vine with tendrils. It often has heart-shaped leaves with light green blotches, but the leaves vary depending on the species.	Thistle <i>Cirsium horridulum</i> Also known as yellow thistle, this is the most common thistle species in the Southeast. Its flowers can be either yellow or purple. Look for them early in the spring, in the month of April.

How to Use Your New Core 24 Flashcards:

- Flip through the flashcards for 10-15 minutes every day.
- Focus on memorizing names and key features. Don't worry about edible/medicinal uses for now.
- Start taking walks around your property or favorite foraging spots. You'll be amazed at how fast you start recognizing new plants!
- Remember: These flashcards are supplemental tools. Always make sure to match each plant to at least 5 characteristics and confirm your identification with an expert before consuming anything from the wild!

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Learn More About Edible and Medicinal Plants in *The Southerner's Guide to Foraging* Online Course!



- Increase Your Self-Sufficiency and Learn How to Turn Common Backyard Plants Into Delicious Food Sources and Potent Medicines...
- Learn How to Craft Homemade Herbal Remedies With Common Southern Plants
- Reconnect with the Plants and Skills that Our Ancestors Relied On for Daily Life

Here's What Other People Are Saying:

"Matthew's content is great! It very clearly explains why you would want to use the herb, how to find it and prepare it. Very clear, very easy to understand! Highly recommend!!"

-James Taylor

"Matthew's knowledge is vast, and he covers all the basics to get you started in both foraging and medicine making. He provides close-up photos that help with identification. He also includes the basics of botany, foraging ethics, and more. It is exceptionally well-priced for the immense value. Also, Matthew truly cares about his students. Highly recommend, and I am so grateful for his work. THANK YOU, MATTHEW!"

-Virginia

"I am enjoying this course in wild foraging immensely, and concise knowledge like this is just about priceless."

-Ron

To learn more scan the QR code or visit
www.legacywildernessacademy.com





Sassafras
Sassafras albidum

Sassafras has leaves with 3 different shapes. 3-lobed leaves, 2-lobed or mitten-shaped leaves, and regular unlobed leaves. The leaves have a distinct smell.

Yaupon holly
Ilex vomitoria

Yaupon has evergreen leaves with crenate or “scalloped” margins.

Persimmon
Diospyros virginiana

Persimmons trees are recognizable from a distance by their orange fruit, which ranges from the size of a ping pong ball to the size of a golf ball. Look for them in the fall.

Winged sumac
Rhus copallinum

Sumac berries ripen in the midsummer.

Corn salad
Valerianella radiata

Corn salad is among the first greens that appear in the spring. It has a “symmetrical” appearance, and its leaves have a fine line of hairs around their margins (edges).

Purslane
Portulaca oleracea

Look for purslane in the summertime. It has succulent leaves and stems, yellow flowers, and does NOT have white milky sap.

Greenbriar
Smilax spp.

Greenbriar is a thorny vine with tendrils. It often has heart-shaped leaves with light green blotches, but the leaves vary depending on the species.

Thistle
Cirsium horridulum

Also known as yellow thistle, this is the most common thistle species in the Southeast. It can have either yellow or purple flowers. Look for them early in the spring, around the month of April.



Sassafras
Sassafras albidum

Sassafras has leaves with 3 different shapes. 3-lobed leaves, 2-lobed or mitten-shaped leaves, and regular unlobed leaves. The leaves have a distinct smell.

Yaupon holly
Ilex vomitoria

Yaupon is most easily recognized by its berries, which ripen in the fall and persist on the plant throughout the winter months. The berries are NOT edible.

Persimmon
Diospyros virginiana

Strangely enough, the seeds of persimmon are often seen before the tree itself. They can be seen in animal scat when hiking in the fall. When you see them, the trees are often nearby. Look for them growing on the edge of the nearest water source.

Winged sumac
Rhus copallinum

Winged sumac is the most common species of sumac in the Southeast. It's easily identified by the leafy flares or "wings" that grow along the central axis of the leaf.

Corn salad
Valerianella radiata

Corn salad is among the first greens that appear in the spring. It has a "symmetrical" appearance, and its leaves have a fine line of hairs around their margins (edges).

Purslane
Portulaca oleracea

Look for purslane in the summertime. It has succulent leaves and stems, yellow flowers, and does NOT have milky white sap.

Greenbriar
Smilax spp.

The shoots or vine tips of some species of greenbriar have a "walking stick" appearance. They are most abundant in the spring. Greenbriar vines have thorns and tendrils.

Thistle
Cirsium horridulum

The thorns of true thistles are sharp enough to draw blood.



Sugarberry or Southern hackberry

Celtis laevigata

Sugarberry has warty bark with a distinct “layered” appearance.

Wild violet

Viola spp.

Wild violets are identified by their heart shaped leaves and blue flowers that appear in the early spring.

Florida betony

Stachys floridana

Florida betony has pink flowers with the typical mint family shape (an upper “hood” and lower lip). Look for them around the month of April.

Dewberry

Rubus spp.

Dewberries/blackberries are thorny plants with “palmately” compound leaves, usually with 3 or 5 leaflets. The species pictured here is common in our region. It has 5 leaflets and red stems covered in thorns. Dewberries has a sprawling growth form, while blackberries usually grow more upright.

Wild cherry or Black cherry

Prunus serotina

Wild cherry trees have clusters of white flowers with 5 petals. Look for them around the month of April.

Crossvine

Bignonia capreolata

Look for crossvine growing up trees. Its evergreen leaves can be found throughout the year. The pattern to pay attention to is 2 leaves across from 2. Each leaflet also has a “heart-shaped” base.

Elderberry

Sambucus canadensis

Elderberry grows in moist, sunny areas. Their flower petals are connected, and detach in one piece like a “donut”. Look for them around May-June.

Sweet bay magnolia

Magnolia virginiana

Sweet bay magnolia usually grows in shady areas along slow moving creeks or in moist depressions. One of its key identification features is its bay-like leaves with white undersides. (Keep in mind that this is not a true wild bay, which also grow wild in our region.)



Sugarberry, Southern hackberry

Celtis laevigata

Sugarberry leaves have 3 primary veins. Depending on the species they can be toothed or untoothed. The base of each leaf is often lopsided or asymmetrical. Sugarberry leaves look similar to elm, but elm leaves have one primary vein, and lack sugarberry's distinct layered bark.

Wild violet

Viola spp.

Note the veins on the lower petal. This is a common feature of wild violets. Note: Not all wild violets are blue/purple. They can also be white, yellow, or pink.

Florida betony

Stachys floridana

Like other plants in the mint family, Florida betony has square stems and leaves that arranged oppositely (directly across from one another). They are shaped like a Christmas tree.

Dewberry

Rubus spp.

Dewberries and blackberries have 5-petaled flowers that precede the fruit. Look for them around March-April.

Wild cherry, Black cherry

Prunus serotina

Wild black cherry has a distinct tuft of hairs on the underside of the leaf, along the base of the midrib. They start out as white in the early spring, but quickly fade to a rusty color.

Crossvine

Bignonia capreolata

Crossvine flowers are orange on the outside with yellow on the inside. It can look similar to both trumpet creeper flowers (which are fully orange with no yellow), and Carolina jessamine flowers (which are fully yellow with no orange). Crossvine can be harvested any time of the year, but its flowers appear around the month of April.

Elderberry

Sambucus canadensis

Elderberry bark has distinct "lenticels" or dots. Although this is not the only shrub with this feature, it is a fine aid in identification.

Sweet bay magnolia

Magnolia virginiana

This is a tiny "terminal bud" found at the end of a sweet bay magnolia branch. You must look very closely to see this feature. The white hairs and elongated shape set sweet bay magnolia apart from true bay, which has rounder terminal buds with brownish or rusty colored hairs.



Goldenrod
Solidago spp.

Goldenrod is a tall plant with clusters of bright yellow flowers. They show up at the end of summer, around September.

Boneset
Eupatorium perfoliatum

Boneset is identified by its “perfoliate” leaves that are connected at the base.

**Winter huckleberry, farkleberry,
sparkleberry**
Vaccinium arboreum

Winter huckleberry has toothless, leathery leaves. As the season progresses the leaves will often be attacked by leaf fungus called the fly-speck leaf spot (shown on the top left). This can be a useful aid in identification.

Mullein
Verbascum thapsus

In the second year of its life mullein sends up a tall flowering stalk with small yellow flowers. When it dies it leaves behind a brown seed spike that is visible from a distance in the wintertime.

Self heal, heal all
Prunella vulgaris

Like other plants in the mint family, self heal has flowers with an upper “hood” and a lower lip. The lower lip of self heal flowers often has a “beard” or “fringe” on the lower edge. Look for them around May-June.

Passionflower, passionfruit, maypop
Passiflora incarnata

Passionflower vines have one of the most beautiful and distinct flowers in the world. Look for them in the summertime.

Vervain
Verbena spp.

Vervain is a tall plant with 4-sided stems that have distinctly raised ridges. Look for its 5-petaled pink flowers in moist fields in the month of May.

Plantain
Plantago spp.

Plantain is a weed that grows in moist, shady areas. There are numerous species, but they all have multiple primary veins with inner cords that can be seen at the base of the leaf when the stem is broken.



Goldenrod
Solidago spp.

There are numerous species of goldenrod that are all used similarly. The leaves of this common local species have a rough, sandpapery feel on the surface. It has one large primary vein, with two decent-sized secondary veins branching off about one inch from the base.

Boneset
Eupatorium perfoliatum

Boneset can be recognized from a distance its white flower clusters, which appear around Aug-Sep. Boneset usually grows in moist soil. A similar species called late boneset (*E. serotinum*) is much more common in our area. Although it's safe to use, *E. perfoliatum* is the preferred species for medicine.

**Winter huckleberry, farkleberry,
sparkleberry**
Vaccinium arboreum

Winter huckleberry is one of the largest(if not *the* largest) species of blueberry in the world, growing to the size of a small tree. Look closely for patches of bark with a distinct brick-red color.

Mullein
Verbascum thapsus

Mullein has fuzzy leaves. In its first year of growth it has a "basal rosette" form, which appears as a cluster of leaves growing directly out of the ground.

Self heal, heal all
Prunella vulgaris

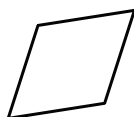
Self heal has egg-shaped leaves covered in hairs. Upon close inspection you can often see little bumps where each hair comes out. The undersides of self heal leaves will occasionally have some purplish coloration.

Passionflower, passionfruit, maypop
Passiflora incarnata

Passionflower is a vine with three lobed leaves.

Vervain
Verbena spp.

This species of vervain is common in our region and has "rhomboid" or diamond-shaped leaves. The leaves typically have teeth on the upper half, and are mostly toothless on the lower half.



Plantain
Plantago spp.

Plantain is a weed that grows in moist, shady areas. There are numerous species, but they all have multiple primary veins with inner cords that can be seen at the base of the leaf when the stem is broken.