

PLT05 Maine State Supplement 2012-1
**Multi-story Cropping, Sustainable Management of Non-Timber
Products**

Common Name	Scientific Name	Use
Alder	<i>Alnus incana ssp. rugosa</i>	Spiritual
Angelica	<i>Angelica atropurpurea</i>	Medicine
Apples, wild	<i>Malus sylvestris</i>	Food
Ash, brown	<i>Fraxinus nigra</i>	Craft
Aspen, bigtooth	<i>Populus grandidentata</i>	Medicine
Balm of Gilead	<i>Populus X P. gileadensis</i>	Medicine
Plum, beach	<i>Prunus maritima</i>	Food
Bear's head fungus	<i>Hericium americanum</i>	Food
Beech, American	<i>Fagus grandifolia</i>	Food
Bergamot, wild	<i>Monarda fistulosa</i>	Medicine
Birch, paper	<i>Betula papyrifera</i>	Craft
Birch, yellow	<i>Betula allegheniensis</i>	Food
Bloodroot	<i>Sanguinaria canadensis</i>	Medicine
Blueberry	<i>Vaccinium corymbosum, Vaccinium angustifolium</i>	Craft
Bracken fern	<i>Pteridium aquilinum</i>	Craft
Bracket mushroom	<i>Ganoderma applanatum</i>	Craft
Bugaloos		Medicine
Bunchberry	<i>Cornus canadensis</i>	Food
Burdock	<i>Arctium minus</i>	Food
Butter and eggs	<i>Linaria vulgaris</i>	Utilitarian
Butternut	<i>Juglans cinerea</i>	Food
Plum, Canada	<i>Prunus nigra</i>	Food
Caraway	<i>Carum carvi</i>	Aesthetic
Cattail	<i>Typha latifolia</i>	Craft
Catnip	<i>Nepeta cataria</i>	Medicine
Cedar, white	<i>Thuja occidentalis</i>	Craft
Chaga mushroom	<i>Innonotus obliquus</i>	Medicine
Chanterelle	<i>Cantharellus cibarius</i>	Craft
Cherry, black	<i>Prunus serotina</i>	Medicine
Chicken of the woods	<i>Laetiporus sulphureus</i>	Craft

Chickweed	<i>Stellaria media</i>	Food
Chive, wild	<i>Allium schoenoprasum</i>	Food
Chokecherry	<i>Prunus virginiana</i>	Food
Clover, red	<i>Trifolium pretense</i>	Food
Coltsfoot	<i>Tussilago farfara</i>	Medicine
Comfrey	<i>Symphytum officinale</i>	Medicine
Crabapples	<i>Pyrus coronaria</i>	Food
Currant, black	<i>Ribes americanum</i>	Food
Dandelion	<i>Taraxacum officinale</i>	Food
Dock, yellow	<i>Rumex crispus</i>	Medicine
Dogwood, red osier	<i>Cornus sericea</i>	Craft
Elderberry, black	<i>Sambucus canadensis</i>	Food
Evening primrose	<i>Oenothera biennis</i>	Medicine
Eyebright	<i>Euphrasia officinalis</i>	Medicine
Fennel	<i>Foeniculum vulgare</i>	Food
Fern	<i>Various species</i>	Craft
Fiddlehead	<i>Matteuccia struthiopteris</i>	Food
Fir, balsam	<i>Abies balsamea</i>	Craft
Flag root	<i>Acorus calamus</i>	Medicine
Goldenrod	<i>Solidago sp.</i>	Food
Goldthread	<i>Coptis trifolia</i>	Medicine
Gooseberry	<i>Ribes sp.</i>	Food
Goosefoot	<i>Chenopodium album</i>	Food
Grape, wild	<i>Vitis labrusca</i>	Craft
Ground ivy	<i>Glechoma hederacea</i>	Medicine
Hawthorn	<i>Crataegus sp.</i>	Medicine
Hazelnut, American	<i>Corylus americana</i>	Utilitarian
Hazelnut, beaked	<i>Corylus cornuta</i>	Food
Hemlock	<i>Tsuga canadensis</i>	Food
Highbush cranberry	<i>Viburnum trilobum</i>	Food
Hop vine	<i>Humulus lupulus</i>	Food
Horseradish	<i>Armoracia rusticana</i>	Food
Horsetail	<i>Equisetum sp.</i>	Utilitarian
Hydrangea, wild	<i>Hydrangea sp.</i>	Medicine

Indian cucumber root	<i>Medeola virginiana</i>	Food
Jerusalem artichoke	<i>Helianthus tuberosus</i>	Food
Jewelweed	<i>Impatiens capensis</i>	Medicine
Labrador tea	<i>Ledum groenlandicum</i>	Craft
Ladies mantle	<i>Alchemilla vulgaris</i>	Medicine
Lamb's quarters	<i>Chenopodium album</i>	Food
Lingonberry	<i>Vaccinium vitis-idaea</i>	Food
Lungwort	<i>Pulmonaria officinalis</i>	Medicine
Lupine	<i>Lupinus polyphyllus</i>	Aesthetic
Mallow	<i>Malva moschata</i>	Medicine
Maple, sugar	<i>Acer saccharum</i>	Food
Mayflower	<i>Maianthemum canadense</i>	Aesthetic
Meadowsweet	<i>Spiraea alba</i>	Medicine
Mint, wild	<i>Mentha canadensis, Mentha arvensis</i>	Food
Morel, common	<i>Morchella esculenta</i>	Food
Motherwort	<i>Leonurus marrubiastrum</i>	Medicine
Mullein, common	<i>Verbascum thapsus</i>	Craft
Partridgeberry	<i>Mitchella repens</i>	Food
Pearly everlasting	<i>Anaphalis margaritacea</i>	Medicine
Pigweed	<i>Chenopodium album</i>	Food
Pine	<i>Pinus sp.</i>	Craft
Plantain	<i>Plantago major</i>	Medicine
Princess pine	<i>Lycopodium sp.</i>	Craft
Queen Anne's lace	<i>Daucus carota</i>	Aesthetic
Raspberry	<i>Rubus idaeus</i>	Craft
Rose, wild	<i>Rosa sp.</i>	Food
Sarsaparilla	<i>Aralia nudicaulis</i>	Craft
Self-heal	<i>Prunella vulgaris</i>	Medicine
Serviceberry	<i>Amelanchier sp.</i>	Food
Sheep laurel	<i>Kalmia angustifolia</i>	Craft
Shepherd's purse	<i>Capsella bursa-pastoris</i>	Medicine
Skunk cabbage	<i>Symplocarpus foetidus</i>	Medicine
Snowberry, creeping	<i>Gaultheria hispidula</i>	Food
Soapwort	<i>Saponaria officinalis</i>	Medicine

Spruce	<i>Picea sp.</i>	Craft
Spruce, black	<i>Picea mariana</i>	Craft
St. Johnswort	<i>Hypericum perforatum</i>	Medicine
Staghorn sumac	<i>Rhus typhina</i>	Craft
Strawberry	<i>Fragaria virginiana</i>	Food
Sweet cicely	<i>Osmorhiza claytonii</i>	Medicine
Sweet fern	<i>Comptonia peregrina</i>	Medicine
Sweetgrass	<i>Hierochloe odorata</i>	Craft
Tamarack	<i>Larix laricina</i>	Craft
Trillium, pink	<i>Trillium grandiflorum</i>	Craft
Trillium, purple	<i>Trillium erectum</i>	Craft
Vervain	<i>Verbena hastata</i>	Medicine
Violet, wild	<i>Viola sp.</i>	Medicine
Water lily	<i>Nymphaea odorata</i>	Medicine
Willow	<i>Salix sp.</i>	Craft
Wintercress	<i>Barbarea verna, Barbarea vulgaris</i>	Food
Wood betony	<i>Pedicularis canadensis</i>	Medicine
Sorrel, wood	<i>Oxalis montana</i>	Food
Northern Yarrow	<i>Achillea millefolium</i>	Aesthetic
Yellow nut sedge	<i>Cyperus esculentus</i>	Food

Note: If there are other species that can also be considered non-timber products, please contact your local NRCS office to determine applicability.