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Scope of Report: This report is a compilation of the edible wild spermatophytes of Calloway County, Kentucky. Sources were the Murray State College Herbarium, literature records and field observations. This list was assembled for none previously existed and it was desirable to have such a record.

Findings: A total of 166 species, representing 106 genera and 55 families are included in the report. Since little collecting has been done in Calloway County, no list of the edible spermatophytes of the county can be complete at this time. Future collecting will no doubt expand the list.

ADVISER'S APPROVAL L. Herbert Bruncau

EDIBLE WILD SPERMATOPHYTES OF CALLOWAY COUNTY, KENTUCKY

By

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Bachelor of Science

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EDIBLE WILD SPERMATOPHYTES OF

CALLOWAY COUNTY, KENTUCKY

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INTRODUCTION

Wild plants once played an important part in the diet of the American Indians. The nomadic tribes depended upon them almost entirely. These tribes which were settled in various areas and were semi-agricultural used many of the wild plants to supplement their diets. In periods of famine or invasion these plants became of utmost importance. Reading the journals kept by the early explorers and pioneers, one realizes the role these plants played as part of their food supply.

Today, these plants are still of importance. They are a source of recreation for many. Outings for the purpose of gathering wild edible plants provide enjoyment for individuals and families. Such outings can be an inexpensive hobby--no costly equipment is necessary--and edible wild plants grow in nearly every locality. Often campers depend upon these plants for a part of their food supply.

Wild plants affect some people economically. The market value of many nuts and berries has a direct bearing on the income of numerous rural people. They harvest these crops of wild plants and sell them or preserve them for later use by their own families.

The value of wild plants as a survival food could remain today what it was to the early Indians. However, few people

could go into the "wilds" in our modern times and identify more than a fraction of the edible wild plants; even more important, fewer would know what parts of the plants were edible and how they should be prepared.

For these reasons, lists of edible wild plants of various localities are desirable. The purpose of this report is to provide a list of the edible wild spermatophytes of Calloway County, Kentucky.

DESCRIPTION OF CALLOWAY COUNTY

A soil survey of Calloway County, Kentucky (Leighty et. al., 1945) has furnished most of the information for this section. Other sources are cited in the text.

Calloway County is located in the southwestern portion of Kentucky. It is rectangular in shape and has an area of 426 square miles. The Tennessee River (Kentucky Lake) forms the irregular eastern boundary. Marshall County bounds the north, Graves County the west, and the Kentucky-Tennessee state line forms the southern boundary.

The climate is a humid, mesothermal forest climate (Espenshade, 1964). The annual average temperature is 59.1°F. The coldest month, January, has an average temperature of 38.9°F. The hottest month, July, has an average temperature of 79.3°F. (Registered Community Audit, 1962). Temperatures have reached extremes of 110°F. in summer and -20°F. in winter, but such instances are rare. The annual rainfall is 48.7 inches, snow 8.1 inches. January has the heaviest rainfall with 5.5 inches of rain, August the least with 2.8 inches (Registered Community Audit, 1962). The average frostfree season is about 197 days, extending from early April to late October. The average elevation is about 600 feet above sea level (Espenshade, 1964).

Although no natural lakes are found in Calloway County,

several permanent streams do occur. Headwaters of the Clarks and West Fork Clarks Rivers and Mayfield Creek are in the southwestern part of the county. The dendritic drainage systems are those of the Tennessee and Mississippi Rivers.

Physiographically, Calloway County is

> A lowland which during the Cretaceous and Tertiary was a part of a once much larger Gulf of Mexico. It is typical coastal plain country with clays, sands, and gravels instead of solid rock. (McFarlan, 1958).

Sandstone, shales, limestone, and very cherty limestone of the Fort Payne formation are the important bedrocks of this area (U. S. Dept. of Agri., 1957). The soils are red-yellow Podzolic-Latsolic and gray-brown Podzolic (Espenshade, 1964).

> ...The soils are predominately light in color, silt loam in texture, low in organic matter and nitrogen, medium to very strongly acid in reaction, and medium to low in natural fertility. They vary greatly in drainage, relief, condition of erosion, content of gravel and stones, and susceptibility to flooding. (Leighty et. al., 1945).

Although early records indicate that the more level parts of the country were tall grass prairies when white man first arrived, it is believed the treeless condition was due to fires started by the Indians. With the removal of the Indians and the increase in white settlers, fires decreased and the forests began to extend in area. Today the vegetation consists of broadleaf deciduous trees, primarily oak-ash-maple and oak-hickory associations, lichens and herbaceous plants other than grasses (Espenshade, 1964).

ANNOTATED LIST OF SPECIES

The following list of edible spermatophytes of Calloway County was compiled from three sources: the Murray State College Herbarium, literature records (Braun, 1943), and field observations. The writer is aware that sight records are not valid for taxonomic consideration. However, as little collecting has been done in the county, it was considered worthwhile to include them in order to make the list more complete. Sight records are included only for those plants which are easily identified and for which there was no doubt. Often plants are recognizable even though they are not in the proper stage for collection and use as herbarium specimens. The list includes all plants growing wild, though some may be escapes from cultivation.

The nomenclature and arrangement of species is that of Gray's manual (Fernald, 1950). The brief habitat descriptions are for the most part those of the same author. The scientific and common names of the plants are given along with the edible parts. For additional information and methods of preparing for use as food, the reader is referred to Saunders (1920), Medsger (1939), Jaques (1943), Kephart (1945), and Gibbons (1962).

PINACEAE

Pinus strobus L. White Pine. Woods. Pitch.

TYPHACEAE

Typha latifolia L. Common Cattail. Marshes or shallow water. Rootstocks, stem, young fruiting spikes, pollen.

Typha angustifolia L. Cattail. Basic or alkaline water. Rootstocks, stem, young fruiting spikes, pollen.

ALISMATACEAE

Sagittaria latifolia Willd. Arrowhead; Duck Potatoes; Wapatoo. In water or wet places. Tubers.

GRAMINAE

Arundinaria gigantea (Walt.) Chapm. Giant Cane. River banks and swamps. Seeds, young shoots.

Oryzopsis hymenoides (R. and S.) Ricker. Indian Millet. Sandy prairies and rocky slopes. Seeds.

CYPERACEAE

Scirpus validus Vahl. Great Bulrush. Brackish or fresh shallow water and marshes. Roots, base of stem.

ARACEAE

Arisaema triphyllum (L.) Schott. Jack-in-the-Pulpit; Indian Turnip. Rich wet woods, swamps and peat bogs. Corm or bulb.

COMMELINACEAE

Commelina communis L. Common Dayflower. Meadows and disturbed soils. Used as potherb.

LILIACEAE

Uvularia perfoliata L. Papillose Bellwort. Thin woods,

thickets and clearings in acid soils. Young shoots, roots.

Allium cernuum Roth. Nodding Wild Onion. Ledges, gravels, rocky or wooded slopes. Bulb, leaves.

Allium canadense L. Wild Garlic. Low woods, thickets, and meadows. Top bulbs, underground bulbs.

Allium vineale L. Field Garlic. Grasslands and fallow fields. Bulbs, young tops.

Allium tricoccum Ait. Wild Leek; Ramp. Rich woods and bottoms. Bulbs, leaves.

Hemerocallis fulva L. Orange Day-Lily. Roadsides, borders of fields and thickets. Fresh blooms and buds, withered blossoms, tubers, sprouting stalks.

Lilium superbum L. Turk's Cap Lily. Peaty meadows, swales, wet sands and swampy woods. Bulbs.

Erythronium americanum Ker. Yellow Adder's Tongue. Rich woods, bottom lands and meadows. Bulb, leaves.

Ornithogalum umbellatum L. Star-of-Bethlehem. Roadsides, grasslands and thickets. Bulbs.

Yucca filamentosa L. Silkgrass. Dry sands, beaches, pine lands and old fields. Seed pods.

Asparagus officinalis L. Garden Asparagus. Sandy fields and roadsides. Young sprouts, seeds.

Smilacina racemosa (L.) Desf. False Solomon's-seal. Woods, clearings, bluffs and uplands. Berries.

Polygonatum biflorum (Walt.) Ell. True Solomon's-seal. Dry to moist, sandy, loamy or rocky woods and thickets. Young plant, roots.

Smilax herbacea L. Carrion-flower. Rich or alluvial thickets, meadows and low woods. Berries.

Smilax bona-nox L. China Brier. Dry to moist dunes, clearings, fields and thickets. Tuberous roots.

JUGLANDACEAE

Juglans cinerea L. Butternut. Rich woods and river terraces. Nut, sap.

Juglans nigra L. Black Walnut. Rich woods. Nut.

Carya illinoensis (Wang.) K. Koch. Pecan. Bottomlands. Nut.

Carya cordiformis (Wang.) K. Koch. Bitternut Hickory. Wet to dry woods, stream banks and swamps. Nut.

Carya ovata (Mill.) K. Koch. Shellbark Hickory. Rich woods, bottom and slopes. Nuts.

Carya tomentosa Nutt. Mockernut. Dry to moist woodlands. Nuts.

Carya glabra (Mill.) Sweet. Pignut Hickory. Dry woods and slopes. Nuts.

CORYLACEAE

Corylus americana Walt. Hazelnut. Thickets. Nut.

Betula lenta L. Sweet Birch; Black Birch. Rich woods and uplands. Young twigs, bark, sap.

Betula lutea Michx.f. Yellow Birch. Rich woods. Bark.

FAGACEAE

Fagus grandifolia Ehrh. Beech. Rich Uplands. Nut.

Castanea pumila (L.) Mill. Chinquapin. Dry woods and thickets. Nuts.

Quercus alba L. White Oak. Dry woods. Acorn.

Quercus bicolor Willd. Swamp White Oak. Bottomlands, stream borders and swamps. Acorns.

Quercus muhlenbergii Engelm. Chestnut Oak. Dry calcareous slopes and ridges or rich bottoms. Acorns.

Quercus prinus L. Chestnut Oak. Dry or rocky woods, bluffs and crests. Acorns.

ULMACEAE

Ulmus rubra Muhl. Red Elm; Slippery Elm. Rich soil. Inner bark.

Celtis occidentalis L. Hackberry. Dry to moist rich woods, river banks, rocky barrens and sand. Pulp of the fruit, berries.

MORACEAE

Morus rubra L. Red Mulberry. Rich woods. Berries.

Morus alba L. White Mulberry. An escape in various habitats. Berries.

URTICACEAE

Urtica dioica L. Stinging Nettle. Waste places, roadsides and old fields. Young shoots.

ARISTOLOCHIACEAE

Asarum canadense L. Wild Ginger. Rich woods and shaded calcareous ledges. Rootstock.

POLYGONACEAE

Rumex crispus L. Curly Dock. Cultivated and waste soils, old fields and roadsides. Leaves.

Rumex acetosella L. Sheep Sorrel. Worn-out fields and sour soils. Leaves, young shoots.

Polygonum persicaria L. Lady's Thumb; English Smartweed. Damp clearings, cultivated ground, roadsides, shores, etc. Use as a salad plant.

Polygonum cuspidatum Sieb. and Zucc. Japanese Knotweed. Waste places, neglected gardens and old fields. Young shoots, large young stalks.

CHENOPODIACEAE

Chenopodium album L. Lamb's Quarters; Goosefoot. Cultivated and waste ground. Young plants, seeds.

AMARANTHACEAE

Amaranthus hybridus L. Green Amaranth. Waste places, cultivated fields, etc. Seeds and leaves.

Amaranthus retroflexus L. Green Amaranth; Pigweed. Waste or cultivated grounds. Seeds and leaves.

Amaranthus graecizans L. Prostrate Amaranth. Disturbed or waste ground. Seeds.

PHYTOLACCACEAE

Phytolacca americana L. Pokeweed; Poke Salad. Rich low ground, recent clearings and roadsides. Young shoots, leaves.

PORTULACEAE

Portulaca oleracea L. Common Purslane. Cultivated and waste ground. Young stems, fleshy stems, leaves, flower bud, seeds.

Claytonia virginica L. Spring Beauty; Fairy spuds.

Rich woods, thickets and clearings. Tuber.

CARYOPHYLLACEAE

Stellaria media (L.) Cyrill. Common Chickweed. Lawns, roadsides, etc. Potherb plant.

NYMPHAEACEAE

Nelumbo lutea (Willd.) Pers. Yellow Nelumbo; Chinquapin. Ponds, quiet streams and estuaries. Seed, tuber, entire plant.

BERBERIDACEAE

Podophyllum peltatum L. Mayapple. Rich woods, thickets and pastures. Fruit, root for medicinal purposes.

ANONACEAE

Asimina triloba (L.) Dunal. Pawpaw. Rich woods and alluvium. Fruit.

LAURACEAE

Sassafras albidum (Nutt.) Nees. Sassafras. Woods and thickets. Leaves, bark, roots, stems, winter buds.

Lindera benzoin (L.) Blume. Spicebush. Damp woods and brooksides. Bark, leaves, twigs.

CRUCIFERAE

Lepidium virginicum L. Peppergrass. Dry open soil, roadsides and waste places. Pods, leaves.

Capsella bursa-pastoris (L.) Medic. Shepherd's Purse. Roadsides, cultivated grounds and waste places. Potherb plant.

Brassica nigra (L.) Koch. Black Mustard. Waste places and cultivated fields. Young leaves, seeds, bloom buds, seeds.

Sisymbrium officinale (L.) Scop. Hedge Mustard. Waste places. Seeds, leaves.

Rorippa islandica (Oeder) Borbas. Yellow Cress. Wet shores and damp openings. Roots, young leaves.

Barbarea vulgaris R. Br. Yellow Rocket; Bitter Cress. Meadows, brooksides and damp woods. Young leaves, bloom buds.

Barbarea verna (Mill.) Aschers. Early Wintercress. Fields and meadows. Young leaves, bloom buds.

Dentaria diphylla Michx. Two-leaved Toothwort. Damp, rich woods. Rootstocks.

Dentaria laciniata Muhl. Rich woods, bottoms and calcareous rocky banks. Rootstock.

Cardamine bulbosa (Schreb.) BSP. Spring-Cress. Springs, bottomland woods or meadows. Leaves.

Cardamine rotundifolia Michx. Mountain Water-Cress. Springy places and brooksides. Leaves.

HAMAMELIDACEAE

Liquidambar styraciflua L. Sweet Gum. Swampy woods. Sap.

ROSACEAE

Pyrus angustifolia Ait. Wild Crab Apple. Woods, bottoms and thickets. Fruits.

Pyrus coronaria L. Wild Crab Apple. Bottoms, wooded slopes, thickets and clearings. Fruits.

Amelanchier canadensis (L.) Medic. Service Berry; June Berry; Shad Bush. Swamps, low grounds and thickets. Berries.

Crataegus mollis (T. and G.) Scheele. Hawthorne. Open woods, usually in alluvial or fertile soil. Fruits.

Fragaria virginiana Duchesne. Strawberry. Fields, open slopes and borders of woods. Berries.

Rubus occidentalis L. Black Raspberry. Rich thickets, ravines and borders of woods. Fruit.

Rubus trivialis Michx. Dewberry. Low to dry grounds of Coastal Plain. Fruit.

Rubus allegheniensis Porter. Allegheny Blackberry. Dry clearings and thickets. Fruit.

Rubus frondosus Bigel. Common Blackberry. Thickets and borders of woods. Fruit.

Prunus americana Marsh. Wild Plum. Thickets, borders of woods, stream banks and fence rows. Fruit.

Prunus serotina Ehrh. Wild Black Cherry. Dry woods and fence rows. Fruit.

LEGUMINOSAE

Gymnocladus dioica (L.) K. Koch. Kentucky Coffee-tree. Rich woods. Seeds.

Gleditsia triacanthos L. Honey Locust. Rich woods. Pulp of seed pods.

Baptisia tinctoria (L.) R. Br. Yellow Wild Indigo. Dry open woods and clearings. Young shoots.

Trifolium pratense L. Red Clover. Roadsides, clearings and turf. Young leaves and stems.

Medicago lupulina L. Black Medic. Roadsides and waste places. Seeds.

Robinia pseudo-acacia L. Black Locust. Woods and thickets. Flowers, seeds, pods.

Wisteria macrostachya Nutt. Kentucky Wisteria. Swamps and rich woods. Flower clusters.

Vicia villosa Roth. Hairy Vetch. Roadsides and ditches. Seeds.

Apios americana Medic. Groundnut; Potato-bean; Indian Potato. Rich thickets. Tubers.

Phaseolus polystachios (L.) BSP. Wild Bean. Dry pine or oak woods and sandy thickets. Seeds.

OXALIDACEAE

Oxalis violacea L. Violet wood-sorrel. Woods, shaded slopes, gravelly banks and prairies. Leaves.

Oxalis stricta L. True Wood-sorrel. Dry open soil. Leaves.

ANACARDIACEAE

Rhus typhina L. Staghorn Sumac. Dry, rocky or gravelly soil. Berries.

Rhus glabra L. Smooth Sumac. Dry soil. Berries.

Rhus copallina L. Dwarf Sumac. Dry woods and openings. Berries.

AQUIFOLIACEAE

Ilex vomitoria Ait. Cassina; Yaupon. Sandy woods and clearings. Leaves.

Ilex verticillata (L.) Gray. Winterberry. Swamps, pond margins and damp thickets. Leaves.

ACERACEAE

Acer saccharum Marsh. Sugar Maple. Rich, mostly hilly woods. Sap.

Acer nigrum Michx. f. Black Maple. Rich calcareous or alluvial woods. Sap.

Acer rubrum L. Red Maple. Swamps or uplands. Sap.

Acer saccharinum L. Silver Maple. Riverbanks and bottomlands. Sap.

Acer negundo L. Boxelder; Ash-Leaf Maple. River banks, streams, lake shores and lowlands. Sap.

BALSAMINACEAE

Impatiens capensis Meerb. Spotted Touch-me-not. Wet, acid to subacid swamps. Young stems.

RHAMNACEAE

Ceanothus americanus L. New Jersey Tea. Dry open woods and gravelly banks. Leaves.

VITACEAE

Vitis labrusca L. Fox Grape. Wet or dry thickets, border of woods to uplands. Fruit.

Vitis aestivalis Michx. Summer Grape. Dry woods and thickets. Fruit.

Vitis cinerea Engelm. Sweet Winter Grape. Rich, low thickets, bottoms and banks of streams. Fruit.

Vitis vulpina L. Frost Grape. Riverbanks, bottom lands and rich thickets. Fruit.

Vitis rotundifolia Michx. Muscadine. Woods, thickets, sandhills and shores. Fruit.

VIOLACEAE

Viola palmata L. Early Blue Violet; Johnny-Jump-Up. Rich deciduous woods and shady calcareous ledges. Leaves and stems.

PASSIFLORACEAE

Passiflora lutea L. Yellow Passion-flower. Thickets and borders of woods. Fruit.

Passiflora incarnata L. Passion-flower; Maypop. Sandy thickets and open soils. Fruit.

CACTACEAE

Opuntia humifusa Raf. Prickly Pear. Dry sands and rocks. Fruit pulp; stems.

NYSSACEAE

Nyssa aquatica L. Cotton Gum; Tupelo. Inundated swamps and wet woods. Fruit.

Nyssa sylvatica Marsh. Black Gum; Sourgum; Tupelo. Low acid woods, swamps and shores. Fruits.

MELASTOMACEAE

Rhexia virginica L. Meadowbeauty. Peats, wet sands and gravels. Leaves.

ONAGRACEAE

Oenothera biennis L. Evening Primrose. Dry open soils. Roots, young shoots.

UMBELLIFERAE

Osmorhiza longistylis (Torr.) DC. Sweet Anise. Rich, often alluvial woods and thickets. Root.

ERICACEAE

Gaylussacia frondosa (L.) T. and G. Dangleberry. Dry woods and clearings. Fruit.

Gaylussicia baccata (Wang.) K. Koch. Huckleberry. Dry or moist woods, thickets and clearings. Fruit.

Vaccinium stamineum L. Deerberry; Squaw Huckleberry. Dry woods, thickets and clearings. Fruit.

Vaccinium vacillans Torr. Early Sweet Blueberry; Sugar Huckleberry. Dry open woods, thickets and clearings. Fruit.

Vaccinium angustifolium Ait. Low Sweet Blueberry. Dry open barrens, bogs and rocks. Fruit.

Vaccinium corymbosum L. Highbush-Blueberry. Swamps, low woods or dry uplands. Fruit.

EBENACEAE

Diospyros virginiana L. Persimmon. Dry woods, old fields and clearings. Fruit.

ASCLEPIADACEAE

Asclepias tuberosa L. Butterfly-weed; Orange Milkweed. Dry, open soil. Pods and stems.

Asclepias syriaca L. Common Milkweed. Thickets, roadsides, dry fields, etc. Early sprouts, tops, flowers, young pods.

CONVOLULACEAE

Ipomoea pandurata (L.) G. F. W. Mey. Wild Potato-Vine. Dry open or partly shaded soil. Roots.

LABIATAE

Marrubium vulgare L. Horehound. Waste places. Leaves.

Glechoma hederacea L. Ground-Ivy. Roadsides, yards and damp shady places. Leaves.

Monarda didyma L. Oswego Tea. Rich woods, thickets and bottom lands. Leaves.

Monarda fistulosa L. Wild Bergamot. Dry thickets, clearings and borders of woods. Leaves.

Mentha longifolia (L.) Huds. Horse Mint. Thickets, roadsides and damp shores. Leaves.

Mentha spicata L. Spearmint. Wet places near settlements. Sprigs.

Mentha piperita L. Peppermint. Brooksides, wet meadows, etc. Leaves.

Mentha arvensis L. Field Mint. Damp open soils and shores. Leaves.

SOLANACEAE

Physalis pubescens L. Ground-Cherry; Strawberry Tomato. Damp to dry open woods, clearings, sand dunes and disturbed soils. Fruits.

Physalis missouriensis Mackenz. and Bush. Strawberry Tomato. Rocky open woods and barrens to cultivated and waste places. Fruit.

Physalis angulata L. Ground-Cherry. Borders or woods and thickets or waste grounds. Fruit.

Physalis subglabrata Mackenz. and Bush. Ground-Cherry. Shores, meadows, fields, roadsides and waste places. Fruit.

Physalis heterophylla Nees. Ground-Cherry. Dry open woods and clearings. Fruit.

SCROPHULARIACEAE

Verbascum thapsus L. Common Mullein. Fields, rocky or gravelly banks, etc. Leaves.

Veronica americana (Raf.) Schwein. American Brooklime. Shallow water, spring heads, rills and swamps. Leaves, stems.

PLANTAGINACEAE

Plantago major L. Common Plantain. River gravels, damp ledges, etc. Leaves.

RUBIACEAE

Mitchella repens L. Partridge Berry. Dry or moist knolls in woods. Berries.

CAPRIFOLIACEAE

Viburnum cassinoides L. Withe-Rod. Thickets, clearings, swamps and borders of woods. Fruits, leaves.

Viburnum prunifolium L. Black-haw. Thickets, borders of woods, shores, etc. Fruit.

Sambucus canadensis L. Elderberry. Wet, damp or rich soils. Fruit, fresh flowers.

VALERIANCEAE

Valerianella chenopodifolia (Pursh) DC. Corn Salad. Meadows, bottoms and fields. Young leaves.

Valerianella intermedia Dyal. Corn Salad. Banks of streams, meadows and damp fields. Leaves.

COMPOSITAE

Silphium laciniatum L. Compass-plant. Prairies and meadows. Upper parts of stem.

Helianthus annuus L. Common Sunflower. Plains, bottoms, waste places, etc. Seeds.

Helianthus laetiflorus Showy Sunflower. Open woods and thickets. Tubers.

Helianthus tuberosus L. Jerusalem Artichoke. Rich or damp thickets. Tubers.

Arctium lappa L. Great Burdock. Waste places, roadsides, chiefly in calcareous soils. Leafstalks, young flowerstalks, root.

Arctium minus (Hill) Bernh. Common Burdock. Waste land. Leafstalks, roots, young flower stalks.

Cichorium intybus L. Chicory; Blue Sailors. Fields and roadsides. Young leaves, roots.

Taraxacum officinale Weber. Common Dandelion. Lawns, roadsides, grasslands and open grounds. Leaves, roots.

Lactuca scariola L. Prickly Lettuce. Roadsides and waste grounds. Young plant, young leaves.

Lactuca canadensis L. Wild Lettuce; Horseweed. Thickets, borders of woods and clearings. Leaves and stems.

SUMMARY

The preceding list includes 166 species. These are distributed in 106 genera, belonging to 55 families.

Since there are no adequate lists either of plants of Calloway County or of all edible plants, it follows that the present list is an incomplete one. There are no doubt other plants occurring in the county which are edible and are not found on this list. This is due to two reasons: (1) the plant was not observed or found in the literature, (2) the plant could not be found on the lists of edible plants available to the writer. Future work may add other species to the present list.

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