

Edible Native Plants of North America

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Learn more about these four edible plants that are native to North America. Together, these plants speak to the potential diversity of a regenerative landscape while providing a source of nutritious food both for pollinators and people.



Pawpaw
Asimina triloba

This native North American tree grows from the southern states of Tennessee and Arkansas all the way up to Southern Ontario. The pawpaw relies mainly on flies and midges for pollination (attracted by the trees odorous flowers) to produce their famously sweet, tropical-flavoured fruits.



American persimmon
Diospyros virginiana

Often referred to as the “sugar plum”, in reference to its extreme sweetness, the fruits are only enjoyable when they look like they are about to go rotten: the skin will be very wrinkled, and the fruit itself will appear quite mushy.



Groundnut
Apios americana

Also known as the wild potato, the groundnut is a climbing vine with maroon or reddish-brown, pea-like flowers. The edible tubers have been a staple food source for Indigenous peoples for hundreds of years and can be used in soups and stews or fried like potatoes.

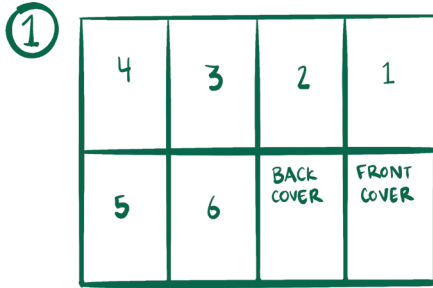


For more information on the project scan this code:

Drawings: Laura Grier
Design: Christie Carrière
Printing: Colour Code

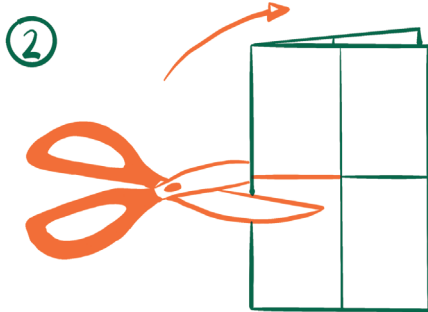
This zine is produced as part of the Evergreen Public Art Program, a series of curated and temporary public art projects that respond to the Indigenous, cultural, ecological, and industrial histories of the Evergreen Brick Works site and surrounding ravine system.



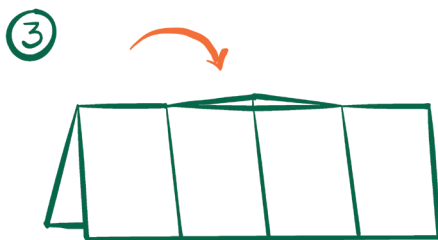


How-to fold a zine:

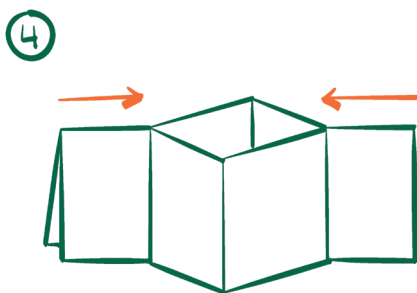
- - - fold on dashed lines
- cut on solid line



Fold the page in half widthwise to cut along the solid line. When you unfold the page, you will have a cut in the centre of the page.



Fold the page in half lengthwise.



Push the two ends together to pop open the middle. Keep going until the two sides meet in the middle creating a "plus sign" shape.



Fold around so that the zine closes with the cover on the outside.