

Wild Strawberry

Identification – Short, 2”-6” plant. 3 compound, serrated leaves. White flowers from single stem, with 5 petals and many yellow stamen. ½” red berries with tiny seeds pitted on surface.

Edibility – Berries can be eaten raw or cooked. June, July.

Habitat – Can be found at some campsites and along portage trails.



Dewberry

Identification – Short, creeping plant to 12” tall. 3 compound, serrated leaves. White flowers, from single stem, with 5 petals and many light stamen with dark tips. Looks like a small raspberry, dark red when ripe. June, July

Edibility – Berries raw or cooked

Habitat – Found along shorelines and lower, damp areas.



Juneberry

Identification – Small tree up to 25 feet tall. Tightly teathed oval leaves alternate, about 1.5” wide and 3” long. White flowers 1” with 5 long, narrow pedals. Late June, July

Edibility - Dark red, or purple berries edible raw or cooked

Habitat – Found along portages and in campsites.



Gooseberry

Identification –Shrub to 4’ tall with prickly stems. Leaves 3-5 notched lobes, and are hairy. Greenish white bell shaped flowers. Small ½” red berries with little prickles on them. Late June, July, early August

Edibility – Edible raw or cooked.

Habitat – Along shorelines, damp somewhat open areas.



Blueberry

Identification – Shrub to 24” tall. ½” wide by 1½” long highly serrated leaves alternate on branches. ¼” white-pink bell shaped flowers. ½” berries turn from green to blue. July, August

Edibility – Berries eaten raw, dried, or cooked.

Habitat – Found near campsites, along trails, hillsides, burnt areas



Red Raspberry

Identification – 2’-6’ tall plant, prickles along stem. 3 or 5 compound, serrated leaves, large single leaf on end of branches. ¼” white flowers in spring. ¼”-½” berries red when ripe. July, August

Edibility – Eaten raw or cooked. Put in bag, mix juice with water.

Habitat – Found near campsites, along trails, hillsides, burnt areas.



Snowberry

Identification – Tiny alternate leaves dark green on top, light green below, tiny wide spaces hairs. Creeping plant up to 2’ long. Tiny white bell shaped flowers.

Fruits are a small ¼” white berry which hides in moss. July, August

Edibility – Edible raw or cooked.

Habitat – Spreads across ground near bogs, damp mossy areas.



Thimbleberry

Identifiication – Shrub to 6’ tall. Large 4”-8” serrated, maple-like green leaves with pale underside. Flowers are white, 1”-2” with 5 petals and many yellow stamen. ½”-1” berry turning red when ripe

Edibility – Berries eaten raw, dried or cooked. Late July, August

Habitat – Mainly east of Prairie Portage along trails and campsites.



Edible Wild Berries of the



Boundary Waters Canoe Area

18 different edible berries, hazelnuts, and sweet gale. All native to the Boundary Waters Canoe Area. Only harvest what is necessary as we are not the only species using these foods. Make sure to properly identify each plant for your safety. Enjoy and happy foraging!



www.thebarefootpaddler.com
Digital BWCA portage GPS data

Blackberry

Identification – Strong, sharp thorns cover stems. Be careful. Alternate, compound leaves with 3 or 5 sharply toothed, oval leaflets. White flowers up to 1", 5 pedals, many stamen. July, August

Edibility – Raw or cooked.

Habitat – Along portages, hillsides, forest edges.



Sweet Gale

Identification – Bushy shrub to 4' tall. Leaves ½" wide by 3" long and fragrant when crushed. Male fruits are light green catkins. Female fruits are tight, clustered nutlets. July, August, September

Edibility – Nutlets or catkins used as a spice. Like a wild pepper.

Habitat – Grows around the shorelines of every lake and river.



Highbush Cranberry

Identification – Small tree to 15' tall. 3 toothed, lobed leaves taper to points, hairy undersides. 5 petaled white flowers. ½" red berry, one hard oval seed. September, Oct.

Edibility – Raw or cooked. Bitter. Spit seed.

Habitat – River, creek edges.



Bunchberry

Identification – Short 3"-6" plant. 2 larger, 4 smaller leaves opposite each other surrounding single stem. 4 white bracts and tiny green flowers. Red berries with hard seeds. Late July, August

Edibility – Eaten raw but better boiled and strained. Tough to remove from seeds.

Habitat – All over forest floor.



Chokecherry

Identification – Small tree to 25' tall. 1" wide by 3" long serrated leaves alternate to a sharp point. Flowers are 5 white round petals, yellow tipped stamen. Clusters of ¼" round purple to black berries. August, Sept.

Edibility – Eat raw or cooked.

DO NOT EAT THE SEEDS

Habitat – Trails, campsites, hills.



Canada Mayflower

Identification – Short, 3"-5" plant. 1-2 smooth leaves with parallel veins. Flowers quite early spring with small 1/8" white flowers, elongated cluster. Berries turn bright red with a hard seed. September.

Edibility – Raw or cooked. Contains a hard seed.

Habitat – Grows over ground.



Bearberry (Kinnickinick)

Identification – Short, creeping shrub to 12" tall. ½" wide by 1" long smooth oval leaves alternate on woody branches. ¼" white-pink bell shaped flowers. Berries bright red when ripe and contain 5 hard nutlets. Late July, August

Edibility – Raw or cooked

Habitat – Hillsides, rocky soil, open areas



Chokeberry

Identification – Shrub to 6' tall. Roughly 1" wide by 3" long finely serrated leaves. Flowers with 5 round petals, green styles, and pink stamen. Fruits are ½" black berries with many tiny seeds. August, September

Edibility – Raw or cooked.

Habitat – Shorelines, bog edges, along creeks



Rose Hips

Identification – To 6' tall. 5-9 leaflets, ¾" wide by 1¼" long, on thorny stems. 1"-2" round pink flowers, many yellow stamen. Fruits, ½"-¾" round, turn red, many seeds. Sept, Oct.

Edibility – Eaten raw, cooked, dried. Remove seeds.

Habitat – Shorelines, hillsides, open areas, burnt areas



Bog Cranberry

Identification – Tiny alternate, toothless leaves tapering to a point. To 18" long spreading over the ground. ¼" white-pink flowers curl upward. ½" red berry with tiny seeds. The cranberry found in stores. August, September

Edibility – Eaten raw or cooked.

Habitat – Found along shorelines, found in bogs.



Beaked Hazelnut

Identification – Small tree to 20' tall. Oval, serrated leaves, 2" wide by 3" long with hairy undersides. Nuts in a green husk, looks like a beak. Flowers are small catkins in fall. August, September

Edibility – The nuts, removed from the shell, are edible raw, baked, ground into a flour.

Habitat – Along trails, hillsides.



Wintergreen

Identification – Short, creeping plant to 6" tall. 2-5 1" wide by 2" long leaves. Dark green on top, light green undersides. ¼" white and pink flowers. ¼" red berries can stay on all winter. Late September, October

Edibility – Raw or cooked.

Habitat – Undergrowth along trails, mossy, shady areas.

