





















Foragers' Forest

'What's Edible When' Calendar

Spring	Summer	Fall
 Redbud flowers Mar-May	 Serviceberries June-July (<i>A. laevis</i>)	 Oak acorns Sept-Oct (<i>Q. alba</i> , <i>Q. bicolor</i>)
 Violet flowers Mar-June	 Plums July-Aug (<i>P. americana</i>)	 Rose hips Sept-Oct (<i>R. palustris</i>)
 Strawberries May-June	 Huckleberries July-Aug	 Chestnuts Sept-Oct
 Serviceberries May-June (<i>A. canadensis</i>)	 Blueberries June-Sept (<i>V. pallidum</i>) July-Aug (<i>V. corymbosum</i>)	Black Haw fruits Sept-Oct
 Plums May-July (<i>P. angustifolia</i>)	 Sumac berries Aug-Sept	 Hazelnuts Sept-Oct

	 <p>Chokeberries Aug-Sept</p>	<p>Hickory nuts Oct</p>
	 <p>Elderberries July-Aug</p>	 <p>Walnuts Oct</p>
	 <p>Spiceberries Aug-Sept</p>	 <p>Persimmons Sept-Dec</p>
	 <p>Oak acorns Aug-Sept (<i>Q. rubra</i>)</p>	
	 <p>Rose hips Aug-Oct (<i>R. carolina</i>)</p>	

References: [Flora of Virginia](#). [The Forager's Harvest](#) & [Nature's Garden](#) by Samuel Thayer.

Safety note: some foods require processing to be made safe-to-eat. Please do your research, be sure of plant identification, and use caution when trying a new food.