

Edible Invasive Plants

Multiflora Rose

Edible parts: Rose hips, leaves, petals

Notes: Usually used for tea

Kudzu

Edible parts: leaves, flowers, roots

Notes: Vines are inedible.

Knotweed

Edible parts: young shoots, growing tips of adult plants, unfurled leaves

Notes: There are several recipes online for knotweed pie and other baked goods

Recipes: <http://eattheinvaders.org/japanese-knotweed/>

Porcelain Berry

Edible parts: berries; leaf buds, leaves, and stems when cooked

Notes: Often described as “unpalatable”

Garlic Mustard

Edible parts: flowers, leaves, roots, seeds

Recipes: <http://eattheinvaders.org/garlic-mustard/>

Barberry

Edible parts: berries and leaves

Notes: Taste is often described as “interesting”

Honeysuckle

Edible parts: nectar

Notes: Berries are poisonous

Wineberry

Edible parts: berries

Notes: Many dislike them because they have too many seeds

Sources

<http://eattheplanet.org/multiflora-rose-an-invasive-but-nutritious-wild-edible/>

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<http://homeguides.sfgate.com/porcelain-berries-edible-98356.html>

<http://www.ediblewildfood.com/garlic-mustard.aspx>

<http://eattheplanet.org/japanese-barberry-invasive-winter-fruit/>

<http://blog.emergencyoutdoors.com/edible-wild-plants-japanese-honeysuckle-lonicera-japonica/>

<http://infinitespider.com/wineberry-the-edible-invasive/>