

## CATTAIL



**Growing Requirements:** Sun/part shade in freshwater wetlands. Plant early spring.

**Propagation:** Root division

**Management:** Can be an aggressive grower. Management is required to keep growth in check

**What you can eat/use:** Roots, young shoots, base of stem, immature flowering spike, seed, and pollen

## AMERICAN LOTUS



**Growing Requirements:** Sun in freshwater wetlands. Plant early spring.

**Propagation:** Root division

**Management:** Needs ample space to grow

**What you can eat/use:** Root, leaves and young stem, and seed

## WILD RICE



**Growing Requirements:** Sun in freshwater wetlands. Plant in fall.

**Propagation:** Direct seeding. Wild rice is an annual, so one may have to shake the plants to ensure reseeding.

**Management:** Work must be done to reseed each year

**What you can eat/use:** Seeds

\*Do not plant if you have grazing livestock in the area, as the bulb and leaves are toxic\*

## PICKERELWEED



**Growing Requirements:** Sun/part shade in freshwater wetlands. Plant in late winter or early spring.

**Propagation:** Root division

**Management:** Plant should be divided yearly to curb expansion

**What you can eat/use:** The whole plant, but especially the seed and young leafstalks

## WAPATO



**Growing Requirements:** Sun/part shade in freshwater wetlands. Plant in early spring, fall, or winter.

**Propagation:** Root division

**Management:** Can spread quickly

**What you can eat/use:** Tubers

## AMERICAN WHITE WATER LILY



**Growing Requirements:** Sun/part or full shade in freshwater wetlands. Plant in early spring.

**Propagation:** Root division

**Management:** To keep some water surface area clear, management should be done yearly

**What you can eat/use:** Flower, leaves, root, and seed

**Good resources:** For info. on edible plant parts  
<https://pfaf.org/user/Default.aspx>

For info on each plant <https://www.wildflower.org/>