



NON-TIMBER FOREST PRODUCTS IN NORTHERNEASTERN ONTARIO

Outlining the economic potential of various non-timber forest products in Northeastern Ontario and general harvest and usage information for specific products.

Frequency of occurrence of species in forested area (Northeastern Ontario)

NTPF with economic potential (uses)

Frequency (%)	English	French	Algonquin	Latin	Leave or needle	Fruit	Cone	Essential oil or syrup	Craft
79.1	Schreber's moss	Hypne de Schreber		pleurozium schreberi					
77.1	Broom mosses	Dicranes		dicranum sp.					
75.4	Balsam Fir	Sapin Baumier	Aninâdik	abies balsamea	y			y	y
67.2	Black Spruce	Epinete noire	Sesegâdik	picea mariana	y			y	y
66.7	Bunchberry	Cornouiller du Canada	Câcâgômânâbak	cornus canadensis		y			
63.0	Wild Lily-of-the-valley	Maïanthème du Canada		maianthemum canadense					
62.3	Bluebead-lily	Clintonie boréale		clintonia borealis					
61.9	Velvet-leaved Blueberry	Airelle fausse myrtille	Minâdjîciwâtik	vaccinium myrtilloides		y			
61.5	White Birch	Bouleau blanc, bouleau à papier	Wîgwâs, Wîgwâsâtik	betula papyrifera				y	y
55.3	Lowbush Blueberry	Airelle à feuilles étroites	Minâdjîciwâtik	vaccinium angustifolium		y			
53.6	Creeping snowberry	Chiogène hispide		chiogenes hispida	y	y			
52.8	Northern Starflower	Trientale boréale		trientalis borealis					
52.4	Hair cap mosses	Polytrics		polytrichum sp.					
50.5	Wild Sarsaparilla	Aralie à tige nue		aralia nudicaulis					
50.4	Cup-lichen	Cladonies		cladonia sp.					
48.3	Reindeer lichen	Cladine rangifère		cladina rangiferina					
46.4	Sheep Laurel	Kalmia à feuilles étroites	Wisikebak	kalmia angustifolia					
45.9	Goldthread	Coptide du Groenland (savoyane)	Kanisopakak, ? Beniobak	coptis groenlandica	y				
44.8	Labrador Tea	Ledon du Groenland	Misebak	ledum groenlandicum	y				
43.5	Sphagnum Moss	Sphaignes		sphagnum sp.					
42.9	Spinulose shield-fern	Dryopteride spinuleuse		dryopteris spinulosa					
42.7	Sedge spp.	Carex, laïches		carex sp.					
41.7	Mountain Maple	Erable à épis		acer spicatum					
40.3	Saskatoon	Amelanchiers	Atetatinatik	amelanchier sp.		y			
40.0	Wild-raisin	Viorne Cassinoide	Atitetaminâtik, ?	viburnum cassinoides		y			
39.4	Willow	Saules	Adopîhâtik	salix sp.					
37.6	Plume moss	Hypne cimier		ptilium crista-castrensis					
36.9	White Spruce	Epinette blanche	Minihik, Minahik	picea glauca	y			y	
36.6	American Mountain-ash	Sorbier d'Amérique	Mokominâtik	sorbus americana		y			
36.5	Twinflower	Linnée boréale		linnaea borealis					
36.0	Beaked Hazelnut	Noisetier à long bec	Pagânâtik	corylus cornuta		y			
34.9	Red Maple	Erable rouge, Plaine rouge		acer rubrum					
33.0	Ground Pine	Lycopode foncé		lycopodium obscurum					
32.5	Speckled Alder	Aulne rugueux	Adôpiâtik	alnus rugosa var. americana					
31.2	Violet	Violettes		viola sp.					
31.0	Fly honeysuckle	Chèvrefeuille du Canada		lonicera canadensis					
30.3	Northern Bush Honeysuckle	Dièreville chèvrefeuille		diervilla lonicera					
30.2	Grasses	Pâturins, mil, chiendent		Poaceae					
29.9	Trembling Aspen	Peuplier faux-tremble	Azâdi	populus tremuloides					
29.7	Bracken	Ptéridium des aigles		pteridium aquilinum latiusculum					
28.7	Large-leaved Aster	Aster à grandes feuilles		aster macrophyllus					
27.4	Skunk Currant	Gadellier glanduleux	Câgwâgwic	ribes glandulosum		y			
26.2	Rose twisted-stalk	Streptope rose		streptopus roseus					
25.5	Mountain-Holly	Némopanthé mucroné		nemopanthus mucronatus					
24.7	Raspberry	Ronce du mont Ida	Asiswaymenâtik	rubus idaeus		y			
23.4	Yellow-green lichen	Cladine douce		cladina mitis					
23.3	Common Wood-sorrel	Oxalide de montagne		oxalis montana					
22.9	Interrupted club-moss	Lycopode innovant		lycopodium annotinum					
22.6	Pin Cherry	Cerisier de Pennsylvanie	Makidewigwâsâtik, Wîsigâtik	prunus pensylvanica		y			
21.5	Yellow Birch	Bouleau jaune		betula alleghaniensis					
20.9	Dwarf raspberry	Ronce pubescente		rubus pubescens					
20.1	Jack Pine	Pin Gris, cypres	Okik	pinus banksiana				y	
19.1	Sugar Maple	Erable à sucre	Ininâtik	acer saccharum				y	
18.9	Coral lichen	Cladine étoilée		cladina stellaris					
18.3	Stair-step moss	Hypne éclatante		hylocomium splendens					
18.3	Shining club-moss	Lycopode brillant		lycopodium lucidulum					
17.1	Common green sphagnum	Sphaigne de Girgensohn		sphagnum girgensohnii					

17.0	Common brown sphagnum	Sphaigne brune		sphagnum fuscum					
16.2	Three-lobed liverwort	Bazzanie trilobée		bazzania trilobata					
16.1	Northern naughte liverwort	Ptilidie ciliée		ptilidium ciliare					
16.0	Horsetail	Prêles		equisetum sp.					
14.6	Hobblebush	Viorne à feuilles d'aulne	Mokomananatik	viburnum alnifolium					
14.6	Three-leaved smilacina	Smilacine trifoliée		smilacina trifolia					
14.4	Striped Maple	Erable de Pennsylvanie		acer pensylvanicum					
14.2	Eastern White Cedar	Thuya Occidental, Thuya de l'est	Kickâtik, Kijik	thuja occidentalis	y			y	
13.9	Eastern White Pine	Pin blanc	Cigwâtik	pinus strobus				y	y
13.7	Oak fern	Dryopteride disjointe		dryopteris disjuncta					
13.3	Green Alder	Aulne crispé	Adôpiâtik	alnus crispa var. mollis			y		
13.1	Lady-fern	Athyrium fougère-femelle		athyrium filix-femina					
12.2	Mnium	Mnies		mnium sp.					
11.5	Midway peat moss	Sphaigne de Magellan		sphagnum magellanicum					
11.4	Red-Berried elder	Sureau pubescent		sambucus pubens					
11.1	Long beech-fern	Dryopteride du hêtre		dryopteris phegopteris					
10.8	Fireweed	Épilobe à feuilles étroites		epilobium angustifolium					
9.5	Wood horsetail	Prêle des bois		equisetum sylvaticum					
9.0	Purple Trillium	Trille dressé		trillium erectum					
8.9	American Larch, Tamarack	Mélèze laricin	Micikiwâtik, Mickigwatik, Wakinagan	larix larcina	y			y	
8.9	Small Cranberry	Atocas, Airelle canneberge	Mackikomin	vaccinium oxycoccos		y			
8.7	Leatherleaf	Cassandre caliculé		cassandra caliculata					
8.6	False Solomon's Seal	Smilacine à grappes	Omakahkîmin	smilacina racemosa					
8.5	Interrupted-fern	Osmonde de Clayton		osmunda claytoniana					
8.3	Cloudberry	Ronce petit-mûrier		rubus chamaemorus		y			
8.3	Common club-moss	Lycopode claviforme		lycopodium clavatum					
8.1	Palmate sweet coltsfoot	Pétasite palmé		petasites palmatus					
8.0	Bedstraw	Gailllets		galium sp.					
7.9	Acuminate aster	Aster acuminé		aster acuminatus					
7.8	American Beech	Hêtre à Grandes Feuilles	Tcigimenizi	fagus grandifolia					
7.7	Showy Mountain-ash	Sorbier des montagnes	Packuminânâtik ?	sorbus decora					
7.5	Canadian Yew	If du Canada	Kagakiaciak, Kâgâgiyojik	taxus canadensis					
6.8	Mooseberry	Viorne comestible		viburnum edule					
6.6	Red spruce	Épinette rouge		picea rubens				y	
6.5	Red oak	Chêne rouge		quercus rubra var. borealis					
6.3	Indian Cucumberroot	Médéole de Virginie		medeola virginiana					
6.2	American red currant	Gadellier amer		ribes triste					
5.9	Hairy Solomon's-seal	Sceau-de-Salomon pubescent		polygonatum pubescens					
5.7	Swamp Laurel	Kalmia à feuilles d'Andromède		kalmia polifolia					
5.6	Teaberry	Gaulthérie couchée		gaultheria procumbens	y	y			
5.6	Stemless Lady's Slipper	Cypripède acaule	Mosotawâgâbak, Picôc	cyripedium acaule					
5.4	Swamp currant	Gadellier lacustre		ribes lacustre					
5.1	Sweet-scented Bedstraw	Gaillet à trois fleurs		gallium triflorum					
4.9	Indian-pipe	Monotrope uniflore		monotropa uniflora					
4.9	Large-leaved goldenrod	Verge d'or a grande feuille		solidago macrophylla					
4.7	Trailing Arbutus	Epigée rampante		epigaea repens					
4.7	Iron-wood	Ostryer de Virginie		ostrya virginiana					
4.5	Naked miterwort	Mitrelle nue		mitella nuda					
4.3	Shaggy moss	Hypne triangulaire		rythidiadelphus triquetrus					
4.2	Red-osier Dogwood	Cornouiller stolonifère	Mickwâgamiciâtik	cornus stolonifera					
4.1	Strawberry	Fraisiers		fragaria sp.		y			
4.1	Black Ash	Frêne noir		fraxinus nigra					
3.9	Choke Cherry	Cerisier de Virginie	Pwiminâtik, ?	prunus virginiana		y			
3.8	Goldenrod	Verges d'or		solidago sp.					
3.8	Painted Trillium	Trille ondulé		trillium undulatum					
3.5	Large-toothed Aspen	Peuplier à grandes dents		populus grandidentata					
3.5	One-sided wintergreen	Pyrole unilatérale		pyrola secunda					
3.4	Dwarf Rattlesnake Plantain	Goodyérie rampante		goodyera repens					
3.4	Red Baneberry	Actée rouge		actaea rubra					
3.3	Alternate-leaved Dogwood	Cornouiller à feuilles alternes		cornus alternifolia					
3.3	Cinnamon-fern	Osmonde cannelle		osmunda cinnamomea					

3.3	Pyrola	Pyroles		pyrola sp.					
3.2	Claspleaf Twistedstalk	Streptope amplexicaule		streptopus amplexifolius					
3.0	Eastern Hemlock	Pruche de l'Est		tsuga canadensis					
3.0	Shaggy sphagnum	Sphaigne squarreuse		sphagnum squarrosum					
2.9	New York fern	Dryoptéride de New York		dryopteris noveboracensis					
2.7	Polypod	Polypode de Virginie		polypodium virginianum					
2.6	Northern comandra	Comandre livide		comandra livida					
2.6	Spreading dogbane	Apocyn à feuilles d'androsème		apocynum androsaemifolium					
2.5	Dotted Mnium	Mnie ponctuée		mnium punctatum					
2.3	Foamflower	Tiarelle cordifoliée		tiarella cordifolia					
2.3	Red Pine	Pin Rouge	Miskwâ (Misko) cigwâtik	pinus resinosa				y	
2.3	Aster	Asters		aster sp.					
2.1	Alpine enchanter's nightshade	Circée alpine		circaea alpina					
2.1	Balsam Poplar	Peuplier baumier	Mâniâzâdi	populus balsamifera					
2.0	Partridgeberry	Mitchella rampant		mittchella repens					
1.8	Prenanthes	Prenanthes		prenanthes sp.					
1.8	Bristly rose	Rosier aciculaire		rosa acicularis					
1.7	Heart-leaved Twayblade	Listère cordée		listera cordata					
1.7	Wintergreen	Pyrole elliptique	Winkasibak	pyrola elliptica (white flower)					
1.7	meadow-rue	Pigamon pubescent	Kazagîdibiok	thalictrum pubescens					
1.6	Cape Touch-me-not	Impatiente du Cap		impatiens capensis					
1.5	Flattened club-moss	Lycopode aplati		lycopodium complanatum					
1.5	Sensitive-fern	Onoclée sensible		onoclea sensibilis					
1.3	mountain fly honeysuckle	Chèvrefeuille velu		lonicera villosa					
1.3	hawkweed	Épervières		hieracium sp.					
1.2	Rough goldenrod	Verge d'or rugueuse		solidago rugosa					
1.2	Red-stalked aster	Aster ponceau		aster puniceus					
1.1	American Elm	Orme d'amérique		ulmus americana					
1.1	Evergreen shield-fern	Dryoptéride marginale		dryopteris marginalis					
1.1	Reindeer lichens	Cladines		cladina sp.					
1.0	Cowwheat	Mélampyre linéaire		melampyrum lineare					
1.0	Virginia grape-fern	Botryche de Virginie		botrychium virginianum					
1.0	One-flowered wintergreen	Monésès uniflore		moneses uniflora					

Others species found in open areas (Northeastern Ontario)

English	French	Algonquin	Latin	NTFP with economic potential (uses)				
				Leave or needle	Fruit	Cone	Essential oil or syrup	Craft
Sweet Fern	Comptonie voyageuse		comptonia peregrina	y	y			
Common Elderberry	Sureau du Canada		sambucus canadensis		y			
High bush-cranberry	Viorne trilobée	Mickicogaman	viburnum trilobum		y			
Sweet gale	Myrique baumier		myrica gale	y	y			
Fiddlehead	Matteuccie fougère-à-l'autruche		matteuccia struthiopteris	y				
Broad-leaved cattail	Quenouille		typha latifolia	y		y		
Ground juniper	Genévrier		juniperus communis			y		

Mushrooms with economic potential (Northeastern Ontario)

English	French	Algonquin	Latin
Arbor-vitae Lactarius	Lactaire du thuya		Lactarius thyinos
Black Morel	Morille noire		Morchella esculenta
Black trumpet chanterelle	Trompette de la mort		Craterellus fallax
Golden chanterelle	Chanterelle commune		Cantharellus cibarius
King Bolete	Cèpe		Boletus chippewaensis
Lobster mushroom	Champignon crabe		Hypomyces lactifluorum
Spruce Bolete	Bolet des épinettes		Leccinum piceinum
Swollen-stalked Cat	Armillaire ventru		Catathelasma ventricosum
Turtle mushroom	Champignon tortue		Sarcodon squamosus
Yellow Morel	Morille blonde		Morchella esculenta
Matsutake	Matsutake		Tricholoma magnivelare
Chaga	Chaga		Inonotus obliquus
Yellowfoot chanterelle	Chanterelle en tube		Craterellus tubaeformis

Medicinal plants that can be cultivated in certain maplebush

English	French	Algonquin	Latin
Black cohosh	Actée à grappe noire		Actaea racemosa
Bloodroot	Sanguinaire du Canada		Sanguinaria canadensis
Blue Cohosh	Caulophylle faux-pigamon		Caulophyllum thalictroides
Wild Ginger	Asaret du Canada		Asarum canadense
Ginseng	Ginseng à cinq folioles		Panax quinquefolium
Goldenseal	Hydraste du Canada		Hydrastis canadensis



Plants

Cloudberry

(*Rubus chamaemorus*)

Stem

- Low perennial forb, 10-30 cm

Flower

- White, single, at the tip of the stem

Fruit

- Raspberry-like fruit (an aggregate of drupelets)
- Firm and red when young
- Becoming amber-yellow and soft at maturity

Leaves

- 1-3, alternate, simple, palmate vein pattern
- 4-11 cm wide, with 5-7 broadly ovate to rounded lobes

Habitat

- Bogs with sphagnum

When to harvest

- Fruit: August

Uses



🍴 Because fruit are not sweet they can be used to make jam, with a lot of sugar.

⚠️ If you are in doubt about identification, do not consume.



Photos : <http://www.northernontarioflora.ca> et <https://pixabay.com>



Plants



Plants

Common elderberry

(*Sambucus canadensis*)

General

- Woody shrub (2-3 m)
- Brown bark with orange inner bark
- Rounded shape

Flower

- White, small, with a pleasant smell
- Star-like shape
- Umbel-like panicles of flowers



Fruit

- Black berries, eatable

Leaves

- Pinnately compound leaves, deciduous, opposite
- 15-35 cm long, serrate leaflets 2-15 cm long, often with a long stalk



Habitat

- Well-drained, slightly acid soil bordering streams
- Open lands

When to harvest

- Fruit: Summer



Uses



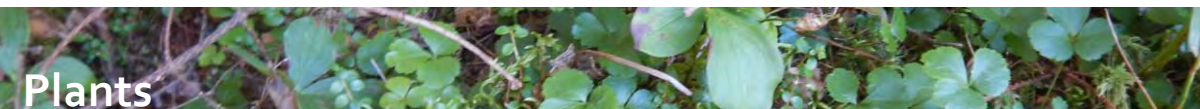
🍴 It can be used to make jelly, jam, syrup, beverages and fruits bars. They are also appreciated when dehydrated.



The berries are well known for their antioxidant property.

⚠️ If you are in doubt about identification, do not consume.

Photos : www.pixabay.com et Marc André Bisson



Plants



Plants

Creeping snowberry

(*Gaultheria hispidula*)

General

- Evergreen shrub, often forms mats
- Up to 300cm long, 10cm high
- Thin stem
- Single, bell-shaped white flower

Fruit

- White berries, hairy
- Mild wintergreen flavour and smell

Leaves

- Alternate, simple, small, oval to round
- About 1cm long

Habitat

- in bogs, swamps, and damp coniferous woods
- On old decaying stumps
- In mosses

When to harvest

- Fruit: Fall
- Leaves : Spring and summer

Uses



Fruits can be used in dessert.



Leaves are delicious in tea.

Anishnabe used leaves to heal rheumatism.

⚠ If you are in doubt about identification, do not consume.



Photos : Marc-André Bisson

Plants



Plants

Highbush cranberry

(*Viburnum trilobum*)

General

- Shrub (2-3 m)
- Greyish bark
- Winter buds are wine red

Flower

- White, very small
- The terminal cyme is flat
- Bloom in spring

Fruit

- Berry-like drupes
- Red
- Shiny

Leaves

- 3-lobed, simple, opposite, with petiole

Habitat

- Forest
- Wet woods
- Along streams

When to harvest

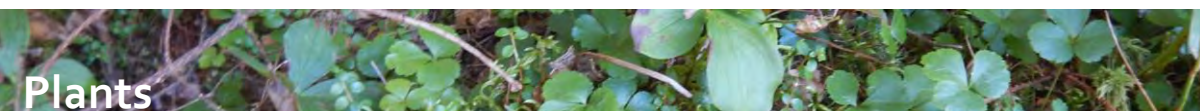
- Fruit: Fall

Uses



⚠ The fruit is acid but it can become sweet after the fall frost. Can be used to make jelly.

⚠ If you are in doubt about identification, do not consume.



<http://www.northernontarioflora.ca>



Plants



Ground juniper

(*Juniperus communis*)

General

- Shrub (25-150cm long)
- Multistemmed
- Decumbent or rarely upright
- Crown generally depressed

Fleurs

- Very small catkins

Fruit

- Green berries (cones) becoming blue and fleshy

Leaves

- Needle-like leaves
- Brownish in winter, green in spring

Habitat

- On rocks
- Nearby water bodies

When to harvest

- Fruits: late summer

Uses



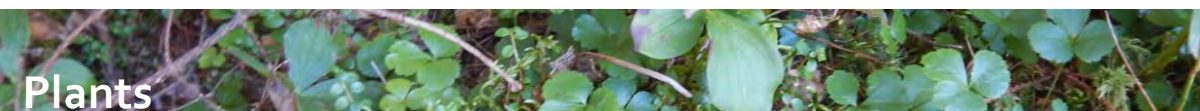
🍷 Berries can be dried to make spices.

☕ Berries are used to flavour gin.

⚠️ If you are in doubt about identification, do not consume.



Photos : <https://pixabay.com>





Plants

Broad-leaved cattail

(*Typha latifolia*)

General

- ➔ Semiaquatic or marsh perennial
- ➔ Dense stand
- ➔ Tiny and numerous flowers in a terminal dark brown cylindrical spike

Fruit

- ➔ Tiny, hairy and dry nutlets

Leaves

- ➔ long, flat, and narrow and have a grayish-green color
- ➔ 6-25mm wide

Habitat

- ➔ Marshes and semi-aquatic environments such as ponds, lakeshores, and wet ditches

When to harvest

- ➔ Heart of the cattail: late spring

Uses



- 🍴 Cattail hearts can be roasted, used in salad or even used in sushi!
- 🍴 Some First Nation communities used the rhizome dried and crushed to make bread.

⚠️ If you are in doubt about Identification, do not consume.



Plants



Photos : Lindsay McLaren Polson and <https://pixabay.com>



Plants

Wild strawberry

(*Fragaria virginiana*)

General

- Perennial forb
- To 15 cm tall
- Growing from a thick rhizome and spreading by long

Flower

- White, 5 petals, 5 sepals
- Flowering from May to July



Fruit

- The swollen red receptacle (pseudocarp) bears many small achenes



Leaves

- Basal, trifoliate, long-petioled
- 2 cm long



Habitat

- Fields, wood borders, lakeshores, streambanks, meadows, disturbed ground

When to harvest

- Fruits: June

Uses



🍽 The red pseudocarp is a juicy and sweet fruit. It can be used in dessert.

Images : <http://northernontarioflora.ca>

⚠ If you are in doubt about identification, do not consume.



Plants



Plants

Wintergreen

(*Gaultheria procumbens*)

General

- Small (8 cm)
- Perennial
- Growing from a rhizome

Flower

- Small, white, bell-like shape
- Flowering in spring

Fruit

- Red berries, aromatic, fleshy
- Persist in winter

Leaves

- Simple, persistent
- Oval, shiny
- Minty smell

Habitat

- Under the canopy of coniferous forest (jack pine)
- On rocks

When to harvest

- Fruit: Fall
- Leaves: Summer

Uses



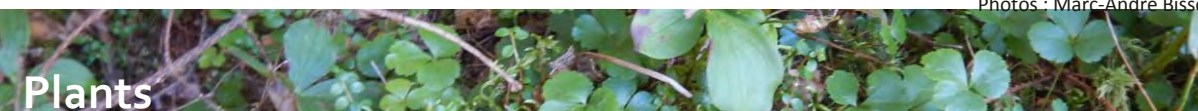
🍴 Fruits can be used to make a fresh beverage with lemon juice. The leaves, reduced in a thin powder, can be used in chocolate deserts and in fruit salads.

☕ Leaves can be used to make tea.

🌿 Some aboriginal communities used to make tea with the leaves to alleviate rheumatic symptoms, headache, fever, sore throat, and various aches and pains.

⚠️ If you are in doubt about identification, do not consume.

Photos : Marc-André Bisson et <http://www.northernontarioflora.ca>



Plants



Plants

Saskatoon berry

(*Amelanchier* spp.)

General

- Shrub (2-3 m)
- Dark grey bark
- Bushy-like shape

Flower

- White, five petals
- Axillary
- Bloom in spring

Fruit

- Dark blue to black berries

Leaves

- Simple, alternate
- Toothed margin

Habitat

- Open lands
- Mixedwood and coniferous forest
- Dry or wet lands

When to harvest

- Fruit: Summer

Uses



🍴 Fruits are delicious fresh, in jelly or to make pies. It can also be used to make wine!

🏺 Anishnabe used to heal toothaches with the crushed bark.

⚠️ If you are in doubt about identification, do not consume.

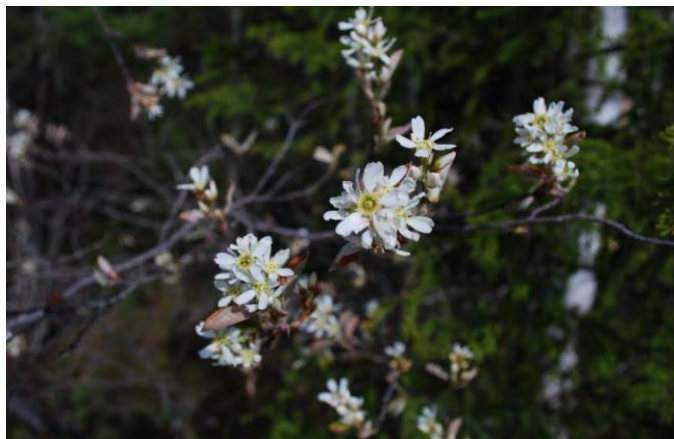


Photo : <http://www.northernontarioflora.ca>



Plants



Plants

Sweet fern

(*Comptonia peregrina*)

General

- Shrub, 30-60cm
- The stem is very ramified

Fruit

- Burr-like fruits (edible nutlets are inside the burr)

Leaves

- Alternate leaves
- 5-15cm long, up to 2cm across

Habitat

- Alternate leaves
- 5-15cm long, up to 2cm across

When to harvest

- Fruit: early summer (June)
- Leaves: All summer

Uses



🍴 Fruits and leaves can be used as spices.



☕ Leaves are delicious in a tea.

⚠️ If you are in doubt about identification do not consume.



Photos : Marc-André Bisson



Plants



Plants

Sweet gale

(*Myrica gale*)

General

- Shrub, about 1m high
- Flowers are in catkins

Fruit

- Many yellowish fruits

Leaves

- Simple, toothed, alternate, elliptic to oblong
- Very aromatic when rubbed

Habitat


- Grows at edge of water and wetlands
- Very dense shrub


When to harvest

- Fruit: Beginning of summer
- Leaf: Soon after fruit harvesting

Uses



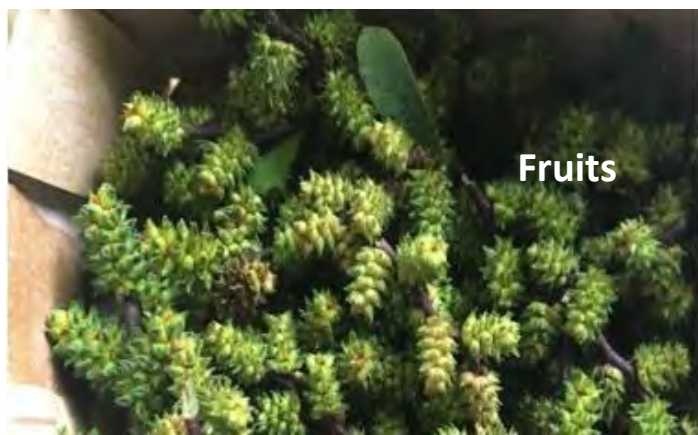
 Fruits and leaves (dried and crushed) can be used as spices.

 Leaves can be used to make tea.

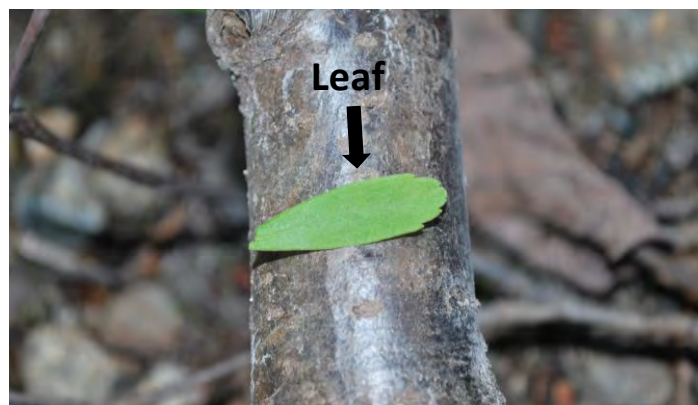


The plant was also traditionally used as a fly repellent.

 To be used with caution, not for pregnant women. If you are in doubt about identification, do not consume.



Fruits



Leaf



Plants



Photos : Tara Dantouze et Marc Adnrdé Bisson



Plants

Ostrich fern (fiddlehead)

(*Matteuccia struthiopteris*)

General

- ➔ Big fern (1.5m)
- ➔ Look like an ostrich feather
- ➔ Grow in conspicuous clusters

Fructification

- ➔ In the fertile fronds that become brown and are shorter (30-50cm) than the sterile ones

Leaves

Two types :

- ➔ Sterile, the longest
- ➔ Fertile, bearing spores, becoming brown and often persisting in winter

Habitat

- ➔ Wet forests and often in deep mucky soils or on flooded areas
- ➔ Associated with speckled alder, black ash and balsam poplar

When to harvest

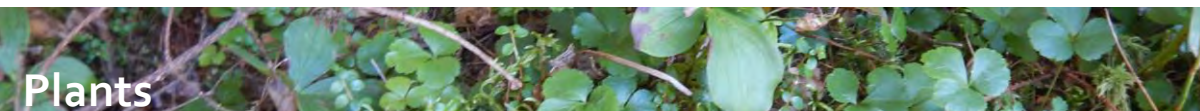
- ➔ Spring
- ➔ Do not harvest more than 2 or 3 per colony

Uses



🍴 The fiddlehead can be eaten after boiling them. They are the new leaves that did not expand yet.

⚠️ They must be first boiled for 15min or steamed for 12 min to eliminate their toxins. If you are in doubt about Identification, do not consume.



Plants





Plants

Red Raspberry

(*Rubus idaeus*)

General

- Shrub (1,5-2m)
- The stem is beige, in zigzag, covered with thorns

Flower

- White, numerous, bloom in spring

Fruit

- Aggregates of many red drupetum (small berries)
- Sweet, comes off easily at maturity

Leaves

- 3 to 5 serrated leaflets, alternate
- Very thin stipules

Habitat

- At the edge of woods
- Disturbed areas

When to harvest

- Fruits: July
- Leaves: Spring

Uses



🍴 The fruits are delicious and can be eaten fresh, used in desert and to make jam.

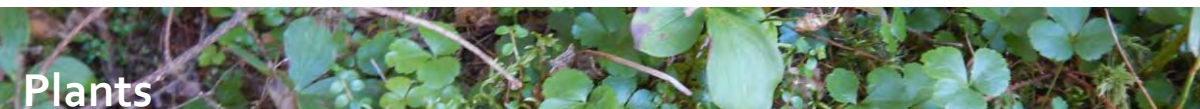
☕ The leaves can be used to make tea.

⚕️ The leaves could help relaxing pregnant women's uterus and be a pain relief for menstrual cramps.

⚠️ If you are in doubt about identification, do not consume.



Photos : Marc-André Bisson et <https://pixabay.com>



Plants



Labrador tea

(*Rhododendron groenlandicum*)

Plants

General

- Shrub (50-80 cm)
- Young twigs have woolly white hairs that turn cinnamon-brown as the stem mature

Flower

- White, pleasant smell, at the top of the stem
- Flowering in spring

Fruit

- Young capsules are reddish then reddish brown at maturity
- Persist until the following year

Leaves

- Simple, alternate, persistent
- Upper surface: shiny, leathery-texture
- Lower surface: pubescent, **white then cinnamon-brown at maturity**

Habitat

- Bogs, wet coniferous forest

When to harvest

- Leaves: summer and fall

Uses



☕ Leaves can be used to make tea.

🌿 A tea with the leaves could help with coughs and colds

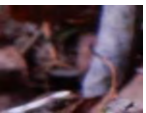
⚠️ If you are in doubt about identification, do not consume. **Pregnant women should not consume it.**



Photos : Marc-André Bisson et <http://www.northernontarioflora.ca>



Plants



Mushrooms

Arbor-vitae Lactarius

(*Lactarius thyinos*)

Cap

- Diameter: 4-10 cm
- Convex then turned up
- Margin is enrolled then straight

Gills

- Subdistant
- Forking
- Orange
- Orange milk

Flesh

- Orange
- Pleasant smell, sweet taste

Stem

- 3-6 cm high, 1-2 cm wide
- Hollow, orange

Habitat

- Scattered, sometimes in group
- Often under the coniferous canopy (fir, spruce)

When to harvest

- Fall

Utilisation



🍴 Very good, it can be used in any recipes that use mushrooms.

⚠️ Like all mushrooms it must be well cooked, do not eat it raw.

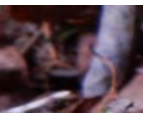
If you are in doubt about identification, do not consume.



Photos: www.mycoquebec.org



Mushrooms



Mushrooms

Golden chanterelle

(*Cantharellus cibarius*)

Cap

- Light yellow to orange yellow, 2-12 cm
- Rolled down when young, turned up when too old, in between it is perfect to be harvested

False gills

- Fold in the flesh
- Away from the stem toward the cap margin

Flesh

- Firm, thick, white to yellowish, fruity smell

Stalk

- 3-8 cm high, 0.5-1.5 cm wide
- Not hollow, same colour as the cap

Habitat

- Coniferous and mixedwood
- Fructifies in small troop
- Often found on sandy soil

When to harvest

- From mid-July to the end of August

Uses

🍴 The Golden chanterelle is an excellent mushroom. It can be used in any recipes that use mushrooms.

⚠️ Like all mushrooms it must be well cooked, do not eat it raw.
If you are in doubt about identification, do not consume.

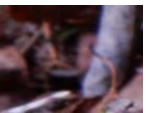


Mushrooms



Photos: www.mycoquebec.org





Mushrooms

King Bolete

(*Boletus chippewaensis*)

Cap

- Diameter : 6-20 cm
- Convex becoming flat at maturity
- Smooth, quite thick, sometimes sticky
- Light brown to reddish brown
- Straight margin then turned up

Tubes

- Small
- Rounded
- White when young
- Greenish at maturity

Flesh

- Dense, white
- The aroma is pleasant

Stalk

- 10-18 cm high, 2-6 cm wide
- Not hollow, dense with a fine reticulation

Habitat

- Isolated, sometimes in group
- Coniferous or mixedwood forest

When to harvest

- Summer and fall

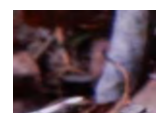
Uses

🍴 Considered the best bolete, it can be used in any recipes that use mushrooms. However, it is often found with parasites, like most boletes.

⚠️ Like all mushrooms it must be well cooked, do not eat it raw. If you are in doubt about identification, do not consume.



Mushrooms





Champignons

Black Morel

(*Morchella esculenta*)

Cap

- 3-10 cm high, hollow
- Elongate and narrowly conical
- Dark ribs, long, longitudinal and radial
- Yellow-brown pits
- Stalk and cap are continuous, not separated

Flesh

- Greyish, thin
- Pleasant taste and smell

Stalk

- Pale brown
- Hollow, short
- Higher and wider on clay soil

Habitat

- In groups
- Clay, sandy and rocky soils, well drained
- Often associated with trembling aspen and deciduous shrub

When to harvest

- End of May to beginning of June

Uses

🍴 Very good, to be cooked thoroughly before eating.

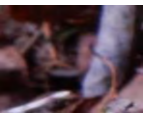
⚠️ Like all mushrooms it must be well cooked, do not eat it raw.
If you are in doubt about identification, do not consume.



Photos : www.mycosque.be.org



Champignons



Mushrooms



Black trumpet chanterelle



(*Craterellus fallax*)



CAP

Dark cap

Diameter: 2-8cm



Stalk

- Length: 5-10 cm
- Greyish stem

Flesh

- Blackish and very thin

Habitat

- Mostly found in broadleaf forest



When to harvest

- Summer and fall



Uses



🍴 Black trumpet chanterelle are delicious and can be used in any recipes that include mushrooms.

⚠️ Like all mushrooms it must be well cooked, do not eat it raw.
If you are in doubt about identification, do not consume.

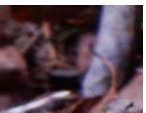


Mushrooms



Photos: www.mycodubec.org





Champignons

Yellow Morel (*Morchella esculenta*)

Cap

- 5-15 cm high, hollow
- Yellowish-brown ribs
- Round yellowish pits
- Blond to yellow-brown
- Attached to stalk at base

Flesh

- Pale yellow to greyish
- Pleasant smell

Stalk

- 3-8 cm de high, 1-3 cm wide
- Hollow
- Whitish

Habitat

- Under aspen trees
- Jack pine on sandy soil
- On deciduous forest soil

When to harvest

- Mid-May until the beginning of June

Uses



🍴 Very good, to be cooked thoroughly before eating.

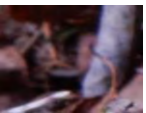
⚠️ Like all mushrooms it must be well cooked, do not eat it raw.
If you are in doubt about identification, do not consume.



Champignons



Photos : www.pixabay.com et mycoquebec.org



Mushrooms

Yellowfoot chanterelle

(*Craterellus tubaeformis*)

Cap

- Brown, 2-6 cm
- More or less convex at first
- Becoming vase-shaped and eventually becoming perforated in the center

False gills

- Branch away from the stem
- Brownish or greyish

Flesh

- Thin and fragile
- Yellowish to brownish

Stalk

- 3-7 cm high, 0.3-1 cm wide
- Hollow
- Yellow

Habitat

- Sphagnum bogs (black spruce and tamarack)
- Under the forest canopy, with sphagnum (spruce, tamarack, pine)

When to harvest

- From the end of August to November

Uses



🍴 The Yellowfoot chanterelle is a very good mushroom that can be used in any recipes that use mushrooms

⚠️ Like all mushrooms it must be well cooked, do not eat it raw.
If you are in doubt about identification, do not consume.

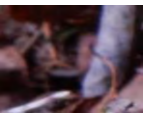


Mushrooms



Photos: www.mycosquebec.org





Mushrooms

Spruce Bolete (*Leccinum piceinum*)

Cap

- Diameter : 5-15 cm
- Hemispheric then convex
- Dry
- Brick-red, getting brownish at maturity

Tubes

- Adnate then depressed
- Long
- Whitish to beige
- Brownish when aging and bruised

Flesh

- White, grey purple when cut
- No particular smell or flavor

Stalk

- 7-15 cm de high, 1-2,5 cm wide
- Whitish becoming brownish at maturity

Habitat

- Solitary or dispersed
- Coniferous forest (spruce, pine)

When to harvest

- Summer and fall

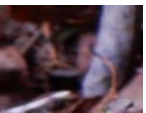
Uses



🍴 Very good, especially after it has been dried and then rehydrated. It can be used in any recipes that use mushrooms.

⚠️ Like all mushrooms it must be well cooked, do not eat it raw. If you are in doubt about identification, do not consume.





Mushrooms

Swollen-stalked Cat

(*Catathelasma ventricosum*)

Cap

- Diametre : 7-15 cm
- Convex then flat
- Very dense, dry
- White to silvery

Gills

- Decurrent
- Crowded
- Whitish

Flesh

- Thick, white
- Good flavor, no particular smell

Stalk

- 5-10 cm high (a big part is in the soil), 2-5 cm wide
- Whitish with a large double ring on it

Habitat

- Isolated, sometimes in group
- Coniferous forest, sandy soil

When to harvest

- Summer and fall

Uses

🍴 Good tasting mushroom, can be used in any recipes that use mushrooms.

⚠️ Like all mushrooms it must be well cooked, do not eat it raw. If you are in doubt about identification, do not consume.

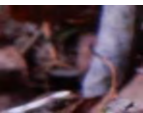


Mushrooms



Photos: www.mycosquebec.org





Mushrooms

Tuttle mushroom (*Sarcodon squamosus*)

Cap

- Pale brown to dark brown (when aging)
- Diameter: 10 to 40 cm
- Dark purple-brown overlapping scales

Teeth

- 10-15mm long
- White becoming brownish

Stalk

- Short
- Straight
- Hollow

Flesh

- Thick
- White then brown when aging

Habitat

- Fine sand
- Jack pine forest

When to harvest

- Beginning of September

Uses



⚠ Bitter, better if it is reduced in powder.

⚠ Like all mushrooms it must be well cooked, do not eat it raw.
If you are in doubt about identification, do not consume.



Mushrooms



Photos: www.myc Quebec.org

