

Seasonal Plant Use in the Woodland Period

Domesticated Plants		
Plant name	Season	Use
bottle gourd	fall	Used as a container.
erect knotweed	fall	Starchy seeds eaten as food.
goosefoot	fall	Used as food and medicine. Leaves are high in vitamins.
little barley	spring	High in fiber and vitamins.
maygrass	spring	Starchy seeds.
squash	summer	Rind, flesh, and seeds used as food; dried rind used as containers.
sumpweed	fall	Source of protein, vitamins in minerals.
sunflower	summer	Oil and starchy seeds.
Wild Plants		
acorns	fall	Rich in carbohydrates, key minerals, and protein.
blackberries, blueberries, elderberry	summer	Lots of vitamins. Can be dried and stored.
hickory nuts	fall	High in calories, fat, protein, and important minerals.
persimmon and grapes	fall	High in vitamins. Can be dried and stored.
maypop	fall	Edible fruit, high in Vitamin A.
walnuts	fall	High in fat, fatty acids, protein, and minerals.

