

Southland Foraging Workshop Plants - www.southlandcommunitynursery.org.nz			
Common Name	Scientific Name	Plant Type	Use
apple	<i>Malus sp</i>	Fruit	Culinary
bay	<i>Laurus nobilis</i>	Herb	Culinary
bittersweet	<i>Solanum dulcamara</i>	Weed	Poisonous
black currant	<i>Ribes nigrum</i>	Fruit	Culinary
blackberry	<i>Rubus fruticosus</i>	Weed	Culinary
blueberry/American blueberry	<i>Vaccinium sp</i>	Fruit	Culinary
borage	<i>Borago officinalis</i>	Herb	Medicinal
chickweed	<i>Stellaria media</i>	Weed	Culinary
chives	<i>Allium schoenoprasum</i>	Herb	Culinary
comfrey	<i>Symphytum × uplandicum</i>	Herb	Medicinal
common marigold	<i>Calendula officinalis</i>	Herb	Culinary
common nettle	<i>Urtica dioica</i>	Weed	Culinary
Cook's scurvy grass	<i>Lepidium oleraceum</i>	NZ Native	Culinary
coriander	<i>Coriandrum sativum</i>	Herb	Culinary
crab apple/wild apple	<i>Malus sp</i>	Fruit	Culinary
cranberry	<i>Vaccinium sp</i>	Fruit	Culinary
dandelion	<i>Taraxacum officinale</i>	Weed	Culinary
elder	<i>Sambucus nigra</i>	Weed	Culinary
fennel	<i>Foeniculum vulgare</i>	Herb	Culinary
feverfew	<i>Tanacetum parthenium</i>	Herb	Medicinal
fig	<i>Ficus carica</i>	Fruit	Culinary
French marigold	<i>Tagetes patula</i>	Herb	Culinary
German chamomile	<i>Matricaria chamomilla</i>	Herb	Medicinal
glasswort	<i>Sarcocornia quinqueflora</i>	NZ Native	Culinary
gooseberry	<i>Ribes uva-crispa</i>	Fruit	Culinary
harakeke/flax	<i>Phormium tenax</i>	NZ Native	Culinary
hazelnut	<i>Corylus avellana</i>	Nut	Culinary
hemlock	<i>Conium maculatum</i>	Weed	Poisonous
horopito/pepperwood	<i>Pseudowintera colorata</i>	NZ Native	Culinary
horse chestnut	<i>Aesculus hippocastanum</i>	Nut	Poisonous
karamu/Coprosma	<i>Coprosma lucida</i>	NZ Native	Culinary
lavendar	<i>Lavandula angustifolia</i>	Herb	Culinary
lemon verbena	<i>Aloysia citrodora</i>	Herb	Medicinal
Makomako/wineberry	<i>Aristotelia serrata</i>	NZ Native	Culinary
Manuka/tea tree	<i>Leptospermum scoparium</i>	NZ Native	Culinary
marjoram	<i>Origanum majorana</i>	Herb	Culinary
miners lettuce	<i>Claytonia perfoliata</i>	Weed	Culinary
mint	<i>Mentha sp</i>	Herb	Culinary
nasturtium	<i>Tropeolum majus</i>	Herb	Culinary
NZ celery	<i>Apium prostratum</i>	NZ Native	Culinary

NZ spinach	<i>Tetragonia tetragonioides</i>	NZ Native	Culinary
parsley	<i>Petroselinum crispum</i>	Herb	Culinary
pear	<i>Pyrus sp</i>	Fruit	Culinary
plantain	<i>Plantago sp</i>	Weed	Culinary
plum	<i>Prunus sp</i>	Fruit	Culinary
poroporo	<i>Solanum aviculare</i>	NZ Native	Poisonous
puha	<i>Sonchus sp</i>	Weed	Culinary
quince	<i>Cydonia oblonga</i>	Fruit	Culinary
raspberry	<i>Rubus sp</i>	Fruit	Culinary
red currant	<i>Ribes rubrum</i>	Fruit	Culinary
rosemary	<i>Rosmarinus officinalis</i>	Herb	Culinary
rue	<i>Ruta graveolens</i>	Herb	Medicinal
sage	<i>Salvia officinalis</i>	Herb	Culinary
sorrel	<i>Rumex acetosa</i>	Herb	Culinary
Stone pine/pine nut	<i>Pinus pinea</i>	Nut	Culinary
sweet chestnut	<i>Castanea sativa</i>	Nut	Culinary
tarragon	<i>Artemisia</i>	Herb	Culinary
thyme	<i>Thymus vulgaris.</i>	Herb	Culinary
Ti kouka/cabbage tree	<i>Cordyline australis</i>	NZ Native	Culinary
walnut	<i>Juglans regia</i>	Nut	Culinary
wormwood	<i>Artemisia vulgaris</i>	Herb	Medicinal
yarrow	<i>Achillea millefolium</i>	Herb	Medicinal

