

Groundnut Apios americana



A known staple crop of Native Americans and the first European settlers, this vining plant has the added appeal of scented, bright red flowers. Tubers are produced underground, often in strings, and can get as large as a hen's egg. These can be harvested any time and peeled and then roasted or boiled. Tubers contain three times as much protein as today's potatoes! Plants can be propagated through seeds or tubers.

Perennial - Edible tubers Found in moist woodlands



Oct Feb Mar May June Sept Jan Apr Aug Nov Dec July