



# Primary Staples

## of the Shenandoah Valley

### Fruits & Vegetables

Tomatoes	Parsnips/Rutabaga	Apples
Onions/Chives	Beets	Pears
Peppers	Lettuce/Cabbage/Spinach	Grapes
Asparagus	Kale	Mulberries
Carrots	Blueberries	Wineberries
Potatoes	Strawberries	Raspberries
Yams	Rhubarb	Pawpaw fruits

### Culinary & Medicinal Herbs

Sage ( <i>Salvia officinalis</i> )	Roses ( <i>Rosa</i> spp.)
Oregano ( <i>Origanum vulgare</i> )	Tulsi/Holy Basil ( <i>Occimum sanctum</i> )
Thyme ( <i>Thymus vulgaris</i> )	Raspberry leaf ( <i>Rubus idaeus</i> )
Cilantro ( <i>Coriandrum sativum</i> )	Grape leaf ( <i>Vitis vinifera</i> )
Rosemary ( <i>Rosmarinus officinalis</i> )	Red buds ( <i>Cercis canadensis</i> )
Lavender ( <i>Lavendula</i> spp.)	Pine needles ( <i>Pinus strobus</i> )
Golden Rod ( <i>Solidago</i> spp.)	Elderberry/Flower ( <i>Sambucus nigra</i> )
Lemon Balm ( <i>Melissa officinalis</i> )	Chickweed ( <i>Stellaria media</i> )
Dandelion ( <i>Taraxicum officinalis</i> )	Chicory ( <i>Chichorium intybus</i> )

### Grains & Flours

Oats  
Corn  
Wheat  
Barley  
Rye

### Misc.

Maple syrup  
Mushrooms  
Honey  
Apple Cider Vinegar  
Salt

### Nuts & Butters

Sunflower      Acorns  
Hemp              Pecans  
Hazelnuts        Chestnut  
Walnut             Flax

