**Supplementary Table 1.** The plant species studied, most common food or medicinal use from the plant part we collected, and total number of ethnobotanical (food and medicinal) uses, documented in our ethnobotanical database or Daniel Moerman’s (2013). Scientific nomenclature follows USDA Plants Database (2014). Note: if the plant was not used for food, but was used for medicine, then the most common medicinal use was indicated; also those with 0 listed likely were used interchangeably with closely related species.

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| --- | --- | --- | --- |
| **Scientific name** | **Common name** | **Most common use** | **No. of uses** |
| *Achillea millefolium* | common yarrow | Tea and preservative | 242 |
| *Amaranthus arenicola* | sandhill amaranth | Seeds from many *Amaranthus* species used for food1, 4 | 2 |
| *Amaranthus palmeri* | carelessweed | Leaves used as greens | 23 |
| *Apios americana* | groundnut | Raw, boiled, or roasted tubers used as food | 26 |
| *Artemisia dracunculus* | wormwood | Leaves boiled or roasted and eaten or made into a beverage | 81 |
| *Asclepias syriaca* | common milkweed | Flower buds used in soups or cooked as greens | 53 |
| *Asimina triloba* | common pawpaw | Raw or dried fruit used for food4 | 6 |
| *Callirhoe involucrata* | purple poppy mallow | Roots used for food (Kindscher 1987)3, 4 | 10 |
| *Camassia angusta* | prairie camas | Roots from *Camassia* *scilloides* used for food1 | 12 |
| *Chasmanthium latifolium* | Indian woodoats | Seeds used for food as porridge or stored for later use4 | 3 |
| *Chenopodium album* | lambsquarters | Leaves boiled and eaten as greens, or dried or frozen for later use | 66 |
| *Chenopodium berlandieri* | pitseed goosefoot | Seeds ground into flour and made into bread or mush (Kindscher 1987)1, 3 | 0 listed |
| *Chenopodium fremontii* | Fremont’s goosefoot | Seeds used to make porridge, bread, and tortillas1, 4 | 11 |
| *Cichorium intybus* | chicory | Infusion of root used as a tonic for nerves3, 4 | 2 |
| **Scientific name** | **Common name** | **Most common use** | **No. of uses** |
| *Cirsium undulatum* | wavyleaf thistle | Roots used as food | 24 |
| *Cucurbita foetidissima* | Buffalo gourd | Seeds used for food or ground into flour for mush | 42 |
| *Dalea candida* | white prairie clover | Sweet roots chewed as delicacy or dried and ground into meal | 29 |
| *Diospyros virginiana* | common persimmon | Fruits eaten for food or used to make pudding | 20 |
| *Echinacea angustifolia* | echinacea | Used as a cure-all; immune stimulant | 144 |
| *Echinochloa muricata* | rough barnyardgrass | Seeds used for food1, 2 | 0 listed |
| *Ephedra trifurca* | longleaf jointfir | Used for tea | 22 |
| *Gaura parviflora* | velvetweed | Root stewed with meat or roasted and used for food | 10 |
| *Glycyrrhiza lepidota* | American licorice | Roots used for food | 75 |
| *Helianthus tuberosa* | Jerusalem-artichoke | Raw, boiled, or dried roots used for food | 21 |
| *Iva annua* | annual marsh elder | Seeds found extensively in archaeological sites, and used as food | 1 |
| *Lactuca canadensis* | Canada lettuce | Leaves cooked and eaten as greens | 13 |
| *Ligusticum porteri* | oshá | Leaves eaten raw or used as a cooking spice | 15 |
| *Mentha spicata* | spearmint | Leaves eaten as food or used for tea and to flavor food | 39 |
| *Oenothera biennis* | evening primrose | Leaves cooked and eaten as greens | 27 |
| *Paspalum floridanum* | Florida paspalum | Seeds used for food2 | 0 listed |
| *Physalis longifolia* | longleaf groundcherry | Ripe fruits eaten fresh or boiled4 | 8 |
| **Scientific name** | **Common name** | **Most common use** | **No. of uses** |
| *Plantago rugelii* | blackseed plantain | Seeds from other *Plantago* species used for food and to facilitate digestion1**,** 3, 4 | 3 |
| *Portulaca oleracea* | little hogweed | Plants cooked as greens and eaten or added to meat4 | 36 |
| *Proboscidea louisianica* | ram’s horn | Young pods and seeds eaten for food 4 | 3 |
| *Prosopis glandulosa* | honey mesquite | Pods eaten raw, dried, or ground into meal or flour for cake and candy | 87 |
| *Prunus virginiana* | chokecherry | Fruits eaten raw, made into syrup cakes, used for juice or wine, or dried | 247 |
| *Quercus macrocarpa* | bur oak | Acorns chopped, cooked or boiled and eaten | 24 |
| *Rhus trilobata* | skunkbush sumac | Fruits eaten fresh, ground into flour or meal, or made into jam or beverage | 104 |
| *Ribes aureum var. villosum* | golden currant | Fruits used for food or dried and ground and made into cakes | 29 |
| *Setaria grisebachii* | Grisebach’s bristlegrass | Seeds used for food2 | 0 listed |
| *Sorghastrum nutans* | Indiangrass | Seeds used for food2 | 0 listed |
| *Sporobolus airoides* | alkali sacaton | Seed used for food4 | 1 |
| *Taraxacum officinale* | dandelion | Roots lightly roasted and used as coffee substitute | 80 |
| *Tridens flavus* | purpletop tridens | Seeds used for food2 | 0 listed |
| *Trifolium pratense* | red clover | Tea from flowers used in tea mixtures (Moerman)3, 4 | 11 |
| *Tripsacum dactyloides* | eastern gamagrass | Seeds used for food2 | 3 |
| **Scientific name** | **Common name** | **Most common use** | **No. of uses** |
| *Urtica dioica* | nettle | Leaves cooked and eaten as greens | 146 |
| *Yucca glauca* | soapweed yucca | Seed pods used for food | 81 |

1It is unlikely that Native Americans distinguished the species we collected from other species in the genus with respect to food uses.

2Grass seeds are all assumed to have been used for food as all seem to have been collected if found in large quantities.

3If no food uses were found in the Medicinal database, other sources were referenced as indicated, or a common medicinal use was indicated.

4If the number of uses recorded in the Medicinal database was fewer than 10, then Moerman’s (2013) database was also considered, and total number of unique uses from both databases was combined.