

Tuckahoe



**Captain John Smith
Chesapeake National
Historic Trail**



Tuckahoe

Tuckahoe is a marsh plant found in still or slow-moving waters throughout the Chesapeake Bay. American Indians ate the leaves and roots of tuckahoe after boiling them for a long time. Without boiling first, tuckahoe can be toxic to humans. Tuckahoe is challenging to harvest from its marshy habitat. Canoes were used to navigate the channels and gather the plants. Other edible wetland plants included wild rice, pickerelweed, and American lotus.