

Edible Wild Plants



By Bob Grace



Barrel Cactus

- ❖ Pudgy, oblong
- ❖ Two to ten feet high
- ❖ Yellow or pink flowers
- ❖ Southwestern desert



Prickly Pear Cactus



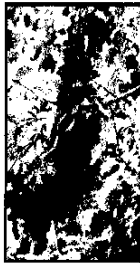
- ❖ Useful for food or water
- ❖ Green, thorny needles
- ❖ Pear shaped
- ❖ Fruit is red to purple when ripe
- ❖ Eaten raw

Yucca

- ◆ Found in arid regions
- ◆ Sword-like leaf
- ◆ Yellow or green flowers form a bullet shape
- ◆ Flowers, buds, fruit and stalks can be eaten
- ◆ Eat raw, boiled or roasted
- ◆ Tastes like a banana



Chokecherry



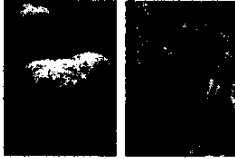
- ◆ Low woody shrub to full-sized tree
- ◆ Red and black berries are edible
- ◆ Eaten raw, mashed and cooked
- ◆ REMOVE PITS – cyanide

Raspberry

- ◆ Sweet berry
- ◆ Contains sugar and vitamins
- ◆ Young shoots and twigs can be peeled and eaten raw



Elderberry



- ◆ Berries are blue to black
- ◆ Appear in late summer
- ◆ Sour when eaten from tree
- ◆ Sweetens if dried in the sun
- ◆ Avoid RED Elderberries - poisonous

Gooseberry

- ◆ 70 species -- all edible
- ◆ Three to twelve feet high bush
- ◆ Moist, shaded areas --
 - ◆ Stream banks,
 - ◆ North-facing mountain slopes
- ◆ Spiny-branches shrub
- ◆ Purple-red to green fruit
- ◆ Weighs up to two ounces



Pine Tree



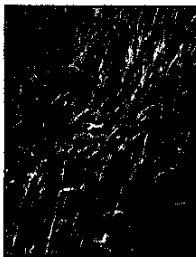
- ◆ All edible
- ◆ Some have turpentine taste
- ◆ Inner bark eaten raw
- ◆ Cones have nuts
- ◆ Roast in fire, crack open

Lichen (Rock Tripe)

- ◆ Grows on boulders and rock walls
- ◆ Wavy, tough leaf just few inches in diameter
- ◆ Soak Lichen in water to remove the purgative (strong laxative)
- ◆ Eaten raw or dried and boiled.



Grasses



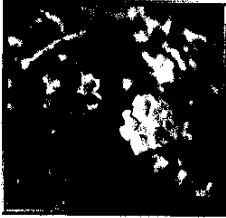
- ◆ All grasses are edible
- ◆ Collect seeds - shake the tops over cloth
- ◆ Nourishing, but takes a lot
- ◆ White tips of grass shoots can be eaten

Plantain

- ◆ Wavy, ribbed leaves at the base
- ◆ Smooth and waxy on top
- ◆ Several spiked flower heads growing out of the leaf base
- ◆ Eat young leaves raw
- ◆ Older ones must be boiled



Wild Rose



- ◆ Reddish, thorny stems
- ◆ Gentle pink or red flowers
- ◆ Grows in moist soils
- ◆ Fruits & petals eaten raw
- ◆ High in vitamin C

Cattails

- ◆ Thick stalks, slender leaves, sausage-like spikes
- ◆ Wet soils – ponds or river banks
- ◆ Emergency food – whole plant is edible
- ◆ Roots eaten raw or boiled
- ◆ Stem peeled and eaten raw
- ◆ Pollen fluff (sausage-like spikes) kneaded with water – bake into small cakes or boiled
- ◆ Tastes like corn



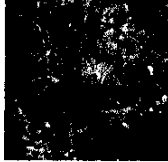
Water Lilly (Lily Pad)



- ◆ Leathery green pads
- ◆ Float on water
- ◆ Tough green stems anchored to bottom
- ◆ Roots and tubers are edible – eat raw, boil or roast
- ◆ Pulled up from above
- ◆ Dig out with toes

Thistle

- ◆ Found everywhere
- ◆ Leaves are large and irregular
- ◆ Stems are green - armored with needles
- ◆ Flower head - yellow to purple
- ◆ Young leaves eat raw or boiled
- ◆ Roots are edible raw, boiled or roasted



Fireweed

- ◆ Grows in moist soils along streams, open woods, prairies
- ◆ Four-petaled flowers - pink or lilac
- ◆ Grow in a cluster around the stem
- ◆ Form a cone tapering to the top
- ◆ Peel stem - eat raw or boiled
- ◆ Tastes like asparagus



Milkweed

- ◆ Plant several feet high
- ◆ Best eating when young
- ◆ Leaves are similar to the blueberry bush
- ◆ Flowers - orange, pink or white
- ◆ Cut leaves bleeds a sour-smelling white fluid
- ◆ Weed pods tasty in midsummer - boiled
- ◆ Young leaves, stalks and buds - eat raw or boiled



Dandelion



- ❖ Familiar plant – also useful food
- ❖ Stems and leaves can be eaten raw
- ❖ Boiling will improve the taste

Juniper

- ❖ Common evergreen
- ❖ Found on dry slopes and foothills
- ❖ All Juniper berries are edible - some not very tasty
- ❖ Trees vary in appearance
- ❖ Tend to be bush like with white to gray berries
- ❖ Berries edible raw or sun dried



Lamb's Quarter's



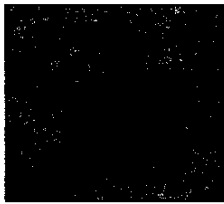
- ❖ Greens are boiled

Stinging Nettle

- ❖ Warning: Pick them with gloves
- ❖ Boil them to get rid of the sting
- ❖ Only young shoots and leaf tops used
- ❖ Tastes like rich spinach



Purslane



- ❖ Succulent plant with tiny yellow flowers
- ❖ Light lemony flavor
- ❖ Contains omega - 3 fatty acids

Amaranth

- ❖ High protein annual
- ❖ Slightly sweet flavor
- ❖ Served raw or cooked
- ❖ Seeds can be used as cereal or ground into flour



Hemlock & Cow Parsley

◆ Warning : Hemlock is Poisonous



◆ Cow Parsley is eatable
