

When you think of how you connect to your native garden, you may not immediately think of it as a place you find something to nibble on. However, whether it be traditional veggies or some Berberis berries to roast for your rice, there is something immensely pleasing about growing food to put on the table! Native Americans, slow food enthusiasts and survivalists alike have found rewarding sustenance from our hills and valleys for generations. Below you'll find a list from which to start your research on how to prepare our native edibles. You can find salad additions, make syrup or sip tea; California truly does have it all!



PLANT		SIZE	EDIBLE NOTES
<i>Acer macrophyllum</i>	Bigleaf Maple	Large tree	Flowers raw or fried, sap cooked for syrup
<i>Allium</i> sp.	Wild Onions	Bulb	Bulb and leaves
<i>Atriplex lentiformis</i>	Quail Bush	Shrub	Young leaves raw, older leaves boiled, used to salt other foods
<i>Berberis</i> sp.	Barberry	Variety of sizes	Berries raw or cooked
<i>Cercis occidentalis</i>	Western Redbud	Small tree	Flowers raw, seeds cooked
<i>Dichelostemma capitatum</i>	Wild Hyacinth	Bulb	Corm boiled
<i>Fragaria vesca</i>	Woodland Strawberry	Ground cover	Berries fresh or cooked into jams and sweet toppings
<i>Justicia californica</i>	Chuparosa	Shrub	Flowers raw
<i>Linum lewisii</i>	Blue Flax	Small perennial	Seeds cooked and ground
<i>Monardella villosa, odoratissima</i>	Coyote mint	Small perennial	Leaves and flowers for tea, syrup, jelly
<i>Opuntia</i> sp.	Prickly Pear Cactus	Variety of sizes	Pads cooked, fruit pulp raw or cooked for jelly or sweet toppings
<i>Peritoma arborea</i>	Bladderpod	Shrub	Flowers cooked and immature seeds boiled
<i>Prunus ilicifolia</i>	Holly Leaf Cherry	Tree	Fruit pulp eaten raw or made into fruit leather or juice
<i>Pycnanthemum californicum</i>	Sierra Mint	Small Perennial	Used similar to other familiar mints
<i>Rhus integrifolia, ovata</i>	Lemonade Berry, Sugar Bush	Large Shrub	Fruit used to flavor drinks
<i>Ribes aureum</i>	Golden Currant	Shrub	Fruit raw or cooked into jams, pies, etc
<i>Rosa californica</i>	California Wild Rose	Shrub	Flowers for tea, hips raw or boiled, avoid seeds
<i>Rubus ursinus</i>	California Blackberry	Shrub/Vine	Berries raw or baked into pies, muffins, etc.
<i>Salvia leucophylla</i>	Purple Sage	Shrub	Leaves as seasoning, seeds raw or as seasoning
<i>Sambucus nigra caerulea</i>	Blue Elderberry	Small Tree	Flowers and ripe berries fresh also baked or dried
<i>Umbellularia californica</i>	California Bay Laurel	Large Tree	Leaves added to stews or/soups, buds as seasoning, nuts roasted
<i>Vitis californica, girdiana</i>	Wild Grape	Vine	Fruit raw or in jam or wine, young leaves steamed