

Common Edible Native Plants

Native Plant Resources

Capital Regional District | November 2020

CODE: (BF) berry/fruit (SS) stalk/stem/leaves (N) nut (Bb) bulb

Perennials

- Nodding onion (*Allium cernuum*) – (Bb) Eaten raw or cooked
- Hooker's onion (*Allium acuminatum*) – (Bb) Bulb roasted, cooked or dried
- Camas (*Camassia quamash*, *C. leichtlini*) – (Bb) Bulb roasted, cooked or dried
- Tiger lily (*Lilium canadensis*) – (Bb) Bulb cooked or dried, flowers are also edible
- Chocolate lily (*Fritellaria lanceolata*) – (Bb) Bulb cooked or dried
- Yerba beuna (*Satureja douglasii*) – (SS) Tea
- Stinging nettle (*Urtica dioica*) – (SS) Soup, tea, stew, wine beer
- Woodland and Coastal strawberry (*Fragaria vesca* and *F. chiloensis*) – (BF)
- Miner's lettuce (*Montia perfoliata*) – (SS) Edible leaves for salads

Shrubs

- Red huckleberry (*Vaccinium parvifolium*) – (BF)
- Evergreen huckleberry (*Vaccinium ovatum*) – (BF)
- Oval leaved blueberry (*Vaccinium ovalifolium*) – (BF)
- Black raspberry (*Rubus leucodermis*) – (BF)
- Salmonberry (*Rubus spectabilis*) – (BF)
- Thimbleberry (*Rubus parvilobus*) – (BF)
- Trailing blackberry (*Rubus ursinus*) – (BF)
- Bitter cherry (*Prunus emarginata*) – (BF)
- Choke cherry (*Prunus virginiana*) – (BF)
- Salal (*Gaultheria shallon*) – (BF)
- Low and tall oregon-grape (*Mahonia nervosa* and *M. aquifolium*) – (BF)
- Red elderberry (*Sambucus racemosa*) – (BF) Berries must be cooked, used for wine
- Soopalollie (*Shepherdia canadensis*) – (BF) Ice cream
- Highbush cranberry (*Viburnum edule*) – (BF)
- Saskatoon (*Amelanchier alnifolia*) – (BF)
- Beaked hazelnut (*Corylus cornuta* var. *californica*) – (N)
- Nootka rose (*Rosa nutkana*) – (BF)

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Trees

- Pacific crabapple (*Malus fusca*) – (BF) Fruit fresh, frozen, canned, jelly and jam
- Black hawthorn (*Crataegus douglasii*) – (BF) Fresh, jam, jelly, tea and wine

Reference: Edible and Medicinal Plants of Canada; Mackinnon, Kershaw, Arnason, Owen, Karst, Hamersley-Chambers; Lone Tree Publishing; 2009