



Common Edible Native Plants

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

NATIVE TREES:

- Pacific crabapple (*Malus fusca*) (BF) eat berries fresh, frozen, canned, jelly & jam
- Black hawthorn (*Crataegus douglasii*) (BF) eat berries fresh, jam, jelly, tea & wine

NATIVE SHRUBS:

- Red huckleberry (*Vaccinium parvifolium*) (BF)
- Evergreen huckleberry (*Vaccinium ovatum*) (BF)
- Oval leaved blueberry (*Vaccinium ovalifolium*) (BF)
- Black huckleberry (*Vaccinium membranaceum*) (BF)
- Black raspberry (*Rubus leucodemis*) (BF)
- Salmonberry (*Rubus spectabilis*) (BF)
- Thimbleberry (*Rubus parvifolius*) (BF)
- Trailing blackberry (*Rubus ursinus*) (BF)
- Bitter cherry (*Prunus emarginata*) (BF)
- Choke cherry (*Prunus virginiana*) (BF)
- Salal (*Gaultheria shallon*) (BF)
- Short oregon-grape (*Mahonia nervosa*) (BF)
- Tall oregon-grape (*Mahonia aquifolium*) (BF)
- Blue elderberry (*Sambucus cerulea*) (BF)
- Red elderberry (*Sambucus racemosa*) (BF) * Must be cooked
- Soopalollie (*Shepherdia canadensis*) (BF)
- Highbush cranberry (*Viburnum edule*) (BF)
- Saskatoon (*Amerlanchier alnifolia*) (BF)
- Beaked hazelnut (*Conylus cornuta var. californica*) (N)
- Nootka rose (*Rosa nutkana*) (BF)

NATIVE 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 * *Do not confuse with Death Camas (*Zygadenus venemosus*) which is highly toxic and can cause fatalities in sheep, horses, cattle and humans.*
- Tiger lily (*Lilium canadensis*)(Bb) Bulb cooked or dried, flowers are also edible
- Chocolate lily (*Fritellaria lanceolata*)(Bb) Bulb cooked or dried
- Yerba beuna (*Clinopodium douglasii*)(SS)- Good in teas **Warning-sometimes grows in patches of poison-oak*
- Woodland strawberry (*Fragaria vesca*)(BF)
- Coastal strawberry (*Fragaria chiloensis*)(BF)
- Miner's lettuce (*Montia perfoliata*)(SS) Edible leaves

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