



## Common Edible Native Plants

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

### NATIVE TREES:

- Pacific crabapple (*Malus fusca*) (BF) eat fruit 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 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) \* Used for making ice cream
- Highbush cranberry (*Viburnum edule*) (BF)
- Saskatoon (*Amelanchier alnifolia*) (BF)
- Beaked hazelnut (*Corylus 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
- 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)- *Good in teas*
- *Stinging nettle* (*Urtica dioica* (SS) – *Makes good 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.

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