

Edible Native Plants

Yarrow	<i>Achillea millefolium</i>	Leaves used in teas
Slimleaf Onion	<i>Allium amplexans</i>	Edible flowers, leaves, and bulb
Nodding Onion	<i>Allium cernuum</i>	Edible flowers, leaves, and bulb
Coastal Sage	<i>Artemisia suksdorfii</i>	Edible leaves (for flavouring). Baths.
Great camas	<i>Camassia leichtlinii</i>	Edible bulb
Common camas	<i>Camassia quamash</i>	Edible bulb
Miner's Lettuce	<i>Claytonia perfoliata</i>	Edible leaves, used in salads
Siberian Miner's-lettuce	<i>Claytonia sibirica</i>	Edible leaves, used in salads
Yerba Buena	<i>Clinopodium douglasii</i>	Mint, used in teas and cooking
Beaked Hazelnut	<i>Corylus cornuta</i>	Edible nut
Broad-leaved Shootingstar	<i>Dodecatheon hendersonii</i>	Leaves used in salads
Coastal Strawberry	<i>Fragaria chiloensis</i>	Edible fruits; leaves in teas
Woodland Strawberry	<i>Fragaria vesca</i>	Edible fruits; leaves in teas
Wild Strawberry	<i>Fragaria virginiana</i>	Edible fruits; leaves in teas
Cow Parsnip	<i>Heracleum maximum</i>	Edible shoots
Beach Pea	<i>Lathyrus japonicus</i>	Edible fruits and shoots
Purple Peavine	<i>Lathyrus nevadensis</i>	Edible fruits and shoots
Barestem Desert-parsley	<i>Lomatium nudicaule</i>	Seeds used in teas, leaves edible (celery-like)

Subject to change based on seasonal availability. Updated Feb. 2018.

Slender Tarweed	<i>Madia gracilis</i>	Edible seeds (great roasted)
Clustered tarweed	<i>Madia glomerata</i>	Edible seeds (great roasted)
Tall Oregon-grape	<i>Mahonia aquifolium</i>	Edible fruits (great for jam)
Dull Oregon-grape	<i>Mahonia nervosa</i>	Edible fruits (great for jam)
Pacific Crabapple	<i>Malus fusca</i>	Edible fruits
Indian Plum	<i>Oemleria cerasiformis</i>	Edible fruits
Licorice Fern	<i>Polypodium glycyrrhiza</i>	Edible root (used in teas, licorice-tasting, sweet)
Nootka rose	<i>Rosa nutkana</i>	Edible petals and fruits (used in teas and salads)
Blackcap raspberry	<i>Rubus leucodermis</i>	Edible fruits
Thimbleberry	<i>Rubus parviflorus</i>	Edible fruits and shoots
Salmonberry	<i>Rubus spectabilis</i>	Edible fruits
Trailing blackberry	<i>Rubus ursinus</i>	Edible fruits, leaves used in teas
Stinging nettle	<i>Urtica dioica</i>	Pesto, greens, soups



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