

Properties Of Wild Edible Foods

	Type			Origin		Harvest Time	Edible Parts						Storage		Uses				Field Guide Page
	Annual	Biennial	Perennial	Native to N.A.	Naturalized		Leaves/needles	Stems	Buds	Flowers/Catkins	Fruit	Seeds	Roots	Freezes	Dries	Vegetable/Fruit	Herb	Tea	
Aloe Vera					☼	Spring/Summer	☼		☼				☼	☼	☼	☼	☼		52
Amaranth	☼			☼		Summer	☼	☼	☼		☼		☼	☼	☼			☼	54
Arrowhead			☼	☼		Fall						☼	☼	☼	☼				55
Aster			☼	☼		Fall	☼	☼	☼		☼		☼	☼	☼		☼	☼	57
Balsam Fir				☼		Year-round	☼	☼	☼		☼	☼		☼	☼		☼	☼	58
Birch				☼		Year-round		☼	☼		☼			☼	☼	☼	☼	☼	60
Blackberry			☼	☼		Year-round		☼		☼	☼		☼	☼	☼		☼		62
Blueberry				☼		Summer	☼	☼		☼	☼		☼	☼	☼		☼		64
Bulrush			☼	☼		Summer/Fall			☼		☼				☼			☼	65
Burdock		☼		☼		Year-round	☼	☼		☼	☼	☼	☼	☼	☼	☼	☼	☼	67
Cattail			☼	☼		Year-round	☼	☼	☼	☼	☼	☼	☼	☼	☼		☼	☼	69
Chamomile	☼			☼	☼	Spring/Summer	☼	☼	☼	☼	☼		☼	☼	☼	☼	☼		72
Chickweed	☼			☼	☼	Year-round	☼	☼	☼	☼	☼		☼	☼	☼	☼	☼		73
Chicory			☼	☼		Spring	☼	☼		☼	☼	☼	☼	☼	☼	☼	☼		75
Cholla			☼	☼		May			☼	☼	☼				☼				76
Clover			☼	☼		Year-round	☼	☼	☼	☼	☼	☼	☼	☼	☼	☼	☼	☼	78
Crabgrass			☼	☼		Year-round	☼	☼	☼	☼	☼			☼	☼		☼	☼	80
Daisy			☼	☼		Year-round	☼	☼		☼	☼		☼	☼	☼		☼	☼	81
Dandelion			☼	☼		Year-round	☼		☼	☼	☼	☼	☼	☼	☼	☼	☼	☼	83
Dock			☼	☼		Spring/Fall	☼	☼	☼	☼	☼	☼	☼	☼	☼		☼	☼	85
Evening Primrose		☼		☼		Summer/Fall			☼	☼	☼	☼	☼	☼	☼	☼			86
Filarie		☼				Winter/Spring	☼	☼				☼		☼	☼		☼		87
Fireweed			☼	☼		Spring/Summer	☼	☼	☼	☼	☼		☼	☼	☼		☼		89
Goldenrod			☼	☼		Spring/Sum/Fall	☼	☼	☼	☼	☼	☼		☼		☼	☼		90
Grape			☼	☼		Fall	☼	☼		☼	☼		☼	☼	☼				92

Lamb's Quarters	☼		☼		Summer/Fall	☼	☼	☼	☼		☼		☼	☼	☼	☼	☼	93
Malva			☼	☼	Winter/Spring	☼	☼	☼	☼		☼	☼	☼	☼	☼	☼	☼	95
Maple			☼	☼	Summer	☼	☼	☼	☼		☼		☼				☼	97
Meadowsweet			☼	☼	Summer	☼	☼	☼	☼				☼				☼	98
Milk Thistle		☼		☼	Spring/Summer	☼	☼		☼	☼			☼				☼	99
Milkweed			☼	☼	Spring/Sum/Fall	☼	☼	☼	☼		☼		☼	☼	☼			101
Mint			☼	☼	Spring/Fall	☼	☼	☼	☼		☼	☼	☼				☼	103
Mullein		☼		☼	Spring/Fall	☼	☼	☼	☼		☼	☼	☼				☼	105
Mustard	☼			☼	Spring	☼		☼	☼		☼		☼	☼	☼			107
Nettles			☼	☼	Spring/Fall	☼	☼		☼		☼		☼	☼	☼		☼	108
Phragmites			☼	☼	Summer		☼		☼	☼			☼	☼			☼	109
Pine					Year-round	☼	☼	☼	☼		☼	☼		☼			☼	110
Plantain			☼	☼	Year-round	☼	☼		☼		☼	☼	☼	☼	☼			111
Prickly Pear			☼		Summer	☼		☼	☼	☼			☼	☼	☼		☼	113
Purslane	☼			☼	Summer	☼	☼	☼	☼		☼	☼	☼	☼			☼	115
Queen Anne's Lace		☼		☼	Summer	☼	☼	☼	☼		☼	☼	☼	☼	☼		☼	116
Raspberry			☼	☼	Summer	☼	☼	☼	☼	☼			☼	☼	☼	☼	☼	117
Rose			☼	☼	Spring/Fall	☼	☼	☼	☼	☼			☼	☼	☼		☼	118
Saguaro				☼	Summer			☼	☼	☼			☼	☼	☼			120
Sheep (Garden) Sorrel	☼				Spring/Summer	☼	☼	☼	☼		☼	☼	☼	☼	☼		☼	121
Shepherd's Purse	☼			☼	Summer	☼	☼	☼	☼		☼	☼	☼	☼	☼		☼	122
Sow Thistle	☼			☼	Winter/Spring	☼	☼	☼	☼		☼	☼	☼	☼			☼	124
Strawberry			☼	☼	Spring	☼	☼	☼	☼	☼			☼	☼	☼		☼	125
Sumac			☼	☼	Summer				☼	☼							☼	126
Sunflower	☼			☼	Spring/Summer		☼		☼				☼				☼	127
Thistle		☼		☼	Spring/Fall	☼			☼		☼	☼	☼	☼			☼	128
Thyme			☼	☼	Summer/Fall	☼		☼	☼		☼	☼	☼	☼			☼	129
Tumbleweed	☼			☼	Spring/Summer	☼	☼	☼	☼		☼	☼	☼	☼			☼	131
Violet	☼				Spring/Summer	☼	☼	☼	☼	☼		☼	☼				☼	132
Wild Lettuce			☼	☼	Spring/Summer	☼	☼	☼	☼		☼	☼	☼	☼	☼		☼	133
Willow			☼	☼	Year-round	☼	☼		☼				☼				☼	134
Wintergreen			☼	☼	Spring/Summer	☼	☼		☼				☼				☼	135
Wood Sorrel			☼	☼	Spring/Fall	☼	☼	☼	☼		☼	☼	☼					137
Yarrow			☼	☼	Spring/Fall	☼	☼	☼	☼		☼	☼	☼				☼	138