

Native Kitchen Plants

Common Name	Botanical Name	Edible Portion
redskin onion	<i>Allium haematochiton</i>	leaf, seasoning
serviceberry	<i>Amelanchier alnifolia</i>	berries
Utah serviceberry	<i>Amelanchier utahensis</i>	berries
Oregon grape	<i>Berberis aquifolium</i>	berries, jam
Fremont barberry	<i>Berberis fremontii</i>	berries, jam
Nevin's barberry	<i>Berberis nevinii</i>	berries, jam
barberry	<i>Berberis pinnata</i>	berries, jam
miner's lettuce	<i>Claytonia perfoliata</i>	leaves, salad
California wood strawberry	<i>Fragaria vesca</i> ssp. <i>californica</i>	berries
sunflower	<i>Helianthus annuus</i>	seeds
lemonadeberry	<i>Rhus integrifolia</i>	fruit, flavor drinks
golden currant	<i>Ribes aureum</i>	berries
California blackberry	<i>Rubus ursinus</i>	berries
Cleveland sage	<i>Salvia clevelandii</i>	leaves, seasoning
purple sage	<i>Salvia leucophylla</i>	leaves, seasoning
black sage	<i>Salvia mellifera</i>	leaves, seasoning
blue elderberry	<i>Sambucus mexicana</i>	berries, jam
yerba buena	<i>Satureja douglasii</i>	leaves, seasoning, tea
California bay	<i>Umbellularia californica</i>	leaves, seasoning
California huckleberry	<i>Vaccinium ovatum</i>	berries
California wild grape	<i>Vitis californica</i>	berries
desert wild grape	<i>Vitis girdiana</i>	berries

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