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Diverse range of wild edibles can be found throughout British Columbia, Oregon, Washington, Montana, Idaho, the Rocky Mountains and Western Canada.This guide focuses on edible plants that are simple to identify and have no poisonous look-alikes. All plant parts described as being edible raw are also edible (and often more palatable) when cooked. Please visit this link to see additional images of each listed plant.Agoseris spp. Flower and leaves can be consumed straight away. The sap from the stem and leaves may be chewed or eaten as a gum. Certain varieties in the Pacific Northwest, such as Orange agoseris (Agoseris aurantiaca) and Short-beaked agoseris (Agoseris glauca), may also be edible. Edible look-alikes include dandelion and salsify. These plants can be found in grassy, open foothills, mountainous slopes, and alpine/subalpine regions.Arrowhead Sagittaria spp. The entire rhizome is edible. Tubers from the underwater root system can be dug up with the feet, floated to the surface, and then removed.Tubers are suitable for eating raw or after being cooked, dried, or boiled. Edible look-alikes include Arum-leaved arrowhead (Sagittaria cuneata) and Wapato (Sagittaria latifolia). These plants thrive in calm water found in plains, foothills, and mountainous regions.Arrow-leaved balsamroot Balsamorhiza sagittataAll parts of this plant are edible. Peeled roots, young stems, and leaf stalks should be used. Roots can be cooked for a longer time period to make them sweeter. However, if not cooked properly, the taste may become bitter. Edible seeds can be dried or roasted and ground into meal.Beargrass Xerophyllum tenaxThe rhizomes of this plant are edible when roasted or boiled. They can be found on dry slopes/ridges or in forest clearings.Bistort Polygonum spp.Leaves and shoots can be consumed raw, while the rhizome can also be eaten raw. Rhizome can also be steeped in water, roasted/dried, and ground into flour for use as a potherb. Edible seeds can be roasted whole or ground into meal/flour, and small bulblets can be consumed raw.Bracken Pteridium aquilinumThe young fiddleheads of this plant are edible. Remove hair/wool from the tips, then soak them in salt water to remove bitterness. Fiddleheads are best when boiled for half an hour in two changes of water. The rhizomes can be roasted/pit-steamed, peeled, and pounded to reveal the whitish part.Bulrush Schoenoplectus spp.Shoots and lower stalks can be consumed raw, while growing tips of the rhizome are also edible. Dried rhizomes can be crushed to remove fibers, ground into flour, or used in pancakes/breads. Edible seeds can be pressed into cakes or baked.Burdock Arctium spp.Young leaves can be eaten raw, but older leaves are best cooked after boiling in 1-2 changes of water with a pinch of baking soda. Roots from young plants can be cooked in soups or stir-fries, while roots can also be mashed and fried as patties. Edible seeds can be roasted ground into meal.Burdock leaves can be used to add flavor to soups without overpowering them. They have a unique texture that doesn't break down like other leafy greens when boiled, making them a great addition to many dishes. Camas bulbs are edible and can be roasted or boiled, but they're best when slow-cooked and dried.paraphrased text hereBulbs are best cooked, but they can also be dried for long-term storage. Dried bulbs can be used to make soups or ground into flour. Variety-wise, the Three-spotted mariposa lilly grows in foothill and mountainous regions of the Pacific Northwest with its spotted petals.###ARTICLEdabbling with the wild edibles of the Pacific Northwest, one must consider the plants that can be safely harvested and consumed. Sow thistle, a perennial species found in moist areas, is edible when boiled or steppin up to try new things, like eating sow thistle young leaves raw for a snack.Stinging nettle, on the other hand, grows in moist soil and disturbed areas, but beware of the stings it causes. Wearing gloves, one can gather the leaves and shoots, which are edible when steamed or boiled. Nettle roots are also edible, but only after cooking, as they contain a compound that prevents nutrient absorption.Stonecrop sedum is found in dry, rocky areas, and its young leaves and shoots are safe to eat raw. However, older plants may be bitter, so caution must be taken when selecting the right plant for consumption.Strawberry-blite Chenopodium capitatum grows in open or disturbed areas and can be eaten in moderation due to oxalates. Sunflower helianthus is a common sight in open sites and can be used in various ways, including making coffee substitutes from its seeds.Swamp hedge-nettle Stachys palustris has edible rhizome that's best collected in autumn, while roots can be dried and ground into flour. Nettle plants are often found in moist plains and foothill regions, so one must wear gloves when foraging to avoid the stings.Common sweet clover Melilotus officinalis grows in disturbed sites and has young leaves gathered before flowering that can be eaten raw. However, do not ingest moldy plants, as they contain dicoumarol, which can reduce blood coagulation.Sweet Gale "Bog Myrtl" Myrica gale is a favorite among foragers, but beware of its potential to induce abortions in pregnant women. Sweetflag Acoru spp. has edible rhizome that's best peeled and cooked, either by boiling or roasting. Young shoots are also edible raw.Thistle Cirsium spp. grows across wide ranges and has edible roots, stems, and leaves, but beware of the carcinogenic potential. Tiger Lily Columbia Lily Lilium columbianum has flowers, seeds, and buds that are edible raw, but bulbs may still be bitter or peppery after cooking.Violet Viola ssp. watercress Rorippa nasturtium-aquaticum is a peppery delight that can be eaten raw and dried for storage. Grows in calm water, but do so with caution to avoid any adverse effects.The PNW is teeming with wild edibles that can add flavor and nutrition to meals. Look for plants like wild bergamot, horsemint, or western wild ginger in open plains, foothills, and mountainous regions.Diversifying your diet with wild foods can be an exciting adventure. Notably, wild garlic - also known as ramps - can be added to various dishes. Theyre typically harvested in spring when the plants are young and tender. The flavor profile of ramps is different from that of regular onions, providing a pungent taste. Ramps can be incorporated into soups, stews, or sauted with olive oil for a unique twist. Wild food can add variety to your meals without much effort. Just ensure you properly clean and handle the plants to avoid any discomfort or issues. Nettle leaves are also a versatile ingredient in many recipes, including soups and salads. Catnip has been used for centuries in traditional medicine and is known for its calming effects. Native to Europe and Asia, catnip is commonly consumed fresh, dried, or cooked. The Nodding Onion, with its onion-like flavor, can be found growing in meadows and along roadsides. Its bulbs are edible and can be used raw or cooked. In Oregon, the Oregon grape - also known as mountain grape - is a native plant that grows into an evergreen shrub up to six feet tall. It produces dark green leaves and yellow flowers in spring. The fruit of the Oregon grape is small, purplish-black, and slightly tart. Salmonberries are a tasty and nutritious option found throughout Washington and Oregon. They have a unique sweet-tart flavor that makes them suitable for pies and jam. The stems and leaves of Tiger Lillies can also be consumed after cleaning. Chicory is a perennial herb native to Europe and Asia, known for its distinctive blue or white flowers. It can be used as a salad green or cooked vegetable and has several health benefits due to its vitamins A and C content. Additionally, chicorys roots can be roasted and ground into a coffee substitute. Blackberries are abundant in the Pacific Northwest and serve as an essential food source for many animals. However, their thorns require care when picking them, and it's best to wash them thoroughly before consumption. Silverweed is a low-growing plant found in damp or disturbed areas, known for its silvery leaves and yellow flowers from June to August. Its fruits are small and round. Despite being considered an invasive species in some states, silverweed can be used as a salad green and has several vitamins including A and C. Docks - Rumex spp. - are common sightings in agricultural and natural areas across the U.S. They have dark green leaves with serrated edges and yellow flowers. While often viewed as weeds, docks are edible and contain several nutrients such as calcium and iron.Docks are perennial plants that can grow up to 6 feet tall with small, dark green leaves used as or cooked greens. Docks produce brown seeds sometimes ground into flour for baking and fibrous roots used as a root vegetable or for medicinal purposes. Dock root powder is believed to treat stomach problems, diarrhea, and constipation. The plant also has vitamins A and C, iron, and calcium-rich leaves that can be eaten raw or cooked.###ARTICLEWild edibles can add excitement to your meals and provide essential nutrients. For those who enjoy foraging or experimenting with new recipes, several wild plants offer themselves as alternatives to commercial sources of nutrition.###ARTICLEMiners lettuce, Black Elderberry, Pickleweed, Fiddlehead ferns, dandelion, Amaranthus retroflexus Pigweed, Glycyrrhiza lepidota and beach strawberry are some of the edible plants that can be found in Washington state. These plants offer a variety of flavors and uses, from salads to soups and omelets.But yarrow is more than just a pretty face, for its leaves, stems, and flowers are all edible and can be used in salads, soups, and teas with a mild flavor similar to parsley or tarragon. Yarrow is also a valuable medicinal herb that can treat colds, flu, and digestive issues. The red huckleberry, found in many parts of the U.S., including Washington State and parts of Oregon, is a versatile fruit that thrives in various habitats, from forests to mountain meadows.It's essential to fight with local wildlife to get your hand on these berries once they're ripe, as birds, bears, and others love them. The tart flavor of red huckleberries makes them perfect for pies and jams or simply eaten fresh off the bush. These fruits are packed with nutrients, including Vitamin C, fiber, and antioxidants.Although most people think of hawthorn berries as ornamental, they're actually edible and high in Vitamin C. The fruit can be used to make jams, jellies, and even wine, while the leaves can be used as an herbal tea. Hawthorn berries are native to Washington state, and ripe ones are usually red or orange in color, but unripe berries can be poisonous.Wild asparagus is another edible plant found throughout the U.S., with green stalks and a woody texture. It's similar to store-bought variety, just slightly less delicious. The flowers of this plant are small and white, and it blooms in the springtime. Wild asparagus thrives in moist areas like woods, meadows, and streamside.It can be eaten raw or cooked, with some bitterness unless you're good at recognizing young shoots. The asparagus plant is part of the lily family and can grow up to six feet tall. Garlic mustard, found in Oregon and Washington, is a flavorful herb with a long history of culinary use and medicinal properties.The leaves are edible and have a slightly bitter taste, while the plant also contains antioxidants that protect against disease. Labrador tea leaves are used to make tea and are rich in vitamins A and C, iron, and calcium. Watercress, found in Washington state's waterways, is an edible plant with dark green leaves and stems.It's essential to be knowledgeable about which plants are safe to eat before foraging, and using a guidebook can help. Here are three tips for foraging: When in doubt, leave it out, go with an experienced friend, and always be respectful of the environment.With nature intertwined, we all rely on each other for survival. Now that you have these tips in mind, you're ready to start foraging - who knows, you might find your new favorite food in the wilderness! It would be a shame to live in one of the wealthiest regions in the US (naturally) and still head to Whole Foods when you need dinner. Instead, connect with nature and choose the healthier option. See you out there!This guide covers various edible plants in the Pacific Northwest, including Oregon, Washington, and British Columbia. Please note that collection is prohibited in some areas, and it's not allowed to pick plants for sale or distribution. This guide focuses on wild edible plants that are easy to identify and have no deadly poisonous look-alikes. All plant parts described as being edible raw are also edible (and often more palatable) when cooked.Hello, I'm Xander Rose, the orchard manager at Raintree Nursery. We grow and sell many types of plants, including wonderful fruiting native plants. There might be some where you live too! I'll write this blog all about fruit trees and bushes in the Pacific Northwest. First, let's highlight some natives. There are many edible fruits native to the Pacific Northwest that are easy to grow. One attractive bush has fruit similar to blueberries. It's a low-maintenance plant that Raintree offers for sale. I'm referring to the native saskatoon, also known as serviceberry, Canadian blueberry, or juneberry.Let's use the scientific name Amelanchier alnifolia. The second name means 'alder-like leaves'. What other great edible fruits grow wild in the Pacific Northwest? There's salal (Gaultheria shallon), a hardy perennial groundcover with rich black berries. Native Americans used its berries, and bumblebees love its flowers!Raintree offers salal. In the groundcover department, there are kinickinick (Arctostaphylos uva-ursi) and native strawberries (Fragaria species). Some Rubus species include caneberries like fresh orange salmonberries, delicious blackcap raspberries, sweet trailing blackberries, and more! Cascara or chittum (Rhamnus purshiana) is a small native tree with edible black berries that birds love. The beaked hazelnut (Corylus cornuta) produces edible nuts.Oregon crabapple (Malus fusca) has small sour fruits that could be used in cider products. Looking for native, edible fruiting perennials on your property can provide clues about non-native fruits that might also grow well. Native huckleberries (Vaccinium spp.) are likely to thrive if they're already growing where you plan to establish an orchard.Leaving native edibles as habitat for native bees and other pollinating insects, as sources of food and shelter for birds, and as refuge for beneficial wildlife can be beneficial. I love fruits, but I particularly appreciate natives. However, some native fruiting plants could be a source of pests on your planted fruit trees.Raintree grows native fruiting plants that could do well in most Northwest yards and gardens. Those include salal, evergreen huckleberry (Vaccinium ovatum), and serviceberry. Happy growing! Change is the only constant in nature.The Pacific Northwest offers a lush landscape teeming with native edible plants. From Washington's shaded forests to British Columbia's coastlines, this region is a treasure trove for foragers and nature enthusiasts. Knowing which plants can be safely consumed transforms a simple hike into a fruitful adventure.Among the most notable plants are Oregon grape, a medium-sized evergreen shrub thriving in partial shade and moist soil, and wild licorice, known for its sweet roots. These native plants not only provide sustenance but also play a crucial role in local ecosystems. Identifying and understanding edible native plants can deepen your connection to the land and promote sustainable foraging practices.Discovering these indigenous culinary treasures adds variety to your diet and embraces the rich heritage tied to the land. From succulent berries to hearty greens, the Pacific Northwest's natural pantry is abundant and accessible.The significance of native plants extends beyond sustenance to deeply intertwined cultural practices and traditions among Indigenous communities in the Pacific Northwest, where they played a vital role in their daily lives.Native Edibles Bring Rich Flavors to Modern Cuisine, Embracing Traditional Foraging Practices in the Pacific NorthwestNative plants have been a staple in the Pacific Northwest diet for centuries, providing essential sustenance and flavor.Landscaping with native plants has numerous benefits, particularly when it comes to the environment and local ecosystems. Native plant groups like the Washington Native Plant Society (WNPS) play a vital role in educating communities about the importance of these valuable resources. By teaching people how to identify, grow, and protect native plants, we can promote their conservation. Restoration projects are another crucial aspect of native plant conservation, often involving the reintroduction of species to areas where they have been displaced. The Starflower Foundation has made significant contributions to restoration projects across Seattle, collaborating with community groups to re-establish thriving plant populations in urban areas. Similar efforts at Vesper Meadow highlight the success of targeted restoration, where specific plants like Yampah are focused on to rejuvenate local ecosystems and maintain cultural heritage through traditional native plants.Restoration projects not only benefit the environment but also strengthen community ties through shared conservation goals. For those looking to incorporate edible native plants into their gardens, a collection of fruit trees and berry bushes can provide a solution. By selecting plants with lower water requirements, it's possible to create a guild that includes both native and non-native species.When creating a guild of native plants, it's not just about selecting individual species, but also understanding how they interact with each other in their natural communities. Research local plant communities, nurseries, and botanical gardens to find a list of native species that grow together. Observe what's growing in nature and take notes, then use these observations to inform your guild selection.When choosing plants for your guild, consider factors like fruit, nut, and nitrogen-fixing trees first, but don't be afraid to adapt to your space constraints. Small shrubs may replace larger trees, and some plants can even inhibit others' growth through allelopathic chemicals. If you already have an allelopathic tree on your property, choose resistant species to grow under or around it.Think about the ecosystem function a plant provides beyond just its yield. Native nitrogen-fixing trees may not produce food, but they still support other plants. Consider what features a plant has and how they'll impact your guild's overall health. Research each species' requirements and preferences before selecting them.Start with the tree canopy layer and add smaller shrubs, then move on to herbaceous, groundcover, root, and vine layers. Stacking functions means choosing multiple plants that perform each function, like pollinator attractors or pest deterrents. With careful planning and research, your guild will thrive in harmony with native plant communities.A Polyculture Approach to Creating a Thriving Native Plant Guild in Your YardWhen it comes to designing a native plant guild, one of the biggest challenges is deciding which plants to include. To avoid feeling overwhelmed by the numerous options available, start by selecting a few key species and focusing on their unique benefits. By creating a diverse polyculture, you can attract pollinators, repel pests, and enhance soil health.Consider starting with a central plant that provides a range of benefits. In this example, Serviceberry (Amelanchier alnifolia) is chosen for its nutritious berries, which are not only delicious but also rich in antioxidants. The berries also attract birds, pollinators, and other wildlife, making the serviceberry an excellent choice for a native plant guild.To complement the serviceberry, select plants that provide additional benefits. For instance, Buffaloberry (Shepherdia canadensis) offers nitrogen-fixing properties, which are essential for soil health. The berry is also edible, although it may be slightly bitter, and can be used to make a unique dessert known as "Indian ice cream."In addition to these two plants, consider incorporating other native species that provide additional benefits. Northern Black Currant (Ribes hudsonianum Richardson) offers edible berries that are rich in vitamins and minerals, making it an excellent choice for pollinators and wildlife. Chokecherry (Prunus virginiana) provides another edible berry option, as well as attracting birds and other wildlife.For a herbaceous layer plant, Wild Yarrow (Achillea millefolium) is an excellent choice. Its fern-like foliage provides cover and helps to build soil, while its flowers attract predatory insects that prey on pests. The plant is also drought-resistant and thrives in poor soil, making it an ideal addition to any native plant guild.Finally, consider incorporating Bigleaf Lupine (Lupinus polyphyllus) into your polyculture. This legume provides nitrogen-fixing properties, making it an essential component of a thriving ecosystem. The lupine also attracts pollinators and wildlife, while its dried cut stems provide habitat for native bees and other beneficial insects.A diverse selection of herbaceous groundcovers can be used to create a native plant guild, including Western Prairie Clover (Dalea ornata) and Sweet Cicely (Osmorhiza berteroi or Osmorhiza chilensis). Wild Strawberry (Fragaria virginiana), also known as Mountain Strawberry or Virginia Strawberry, is a perennial plant with tiny berries that are sweeter than the garden variety. It grows rapidly by seed and runners, making it an ideal groundcover.Some additional options for native plants include Twinflower (Linnaea borealis), Kinnikinnick (Arctostaphylos uva-ursi), Canada Violet (Viola canadensis), and Wild Ginger (Asarum caudatum). Alder (Alnus species) is a nitrogen-fixing tree, while Chokecherry (Prunus virginiana) provides edible berries and attracts birds and pollinators. Mountain Mahogany (Cercocarpus ledifolius) is another nitrogen-fixing shrub.A native plant guild can be created gradually, as plants take time to mature and adapt to their surroundings. It's okay if some plants don't thrive initially others will fill the gaps over time. This approach allows you to learn about the local flora and become familiar with the plants in your garden.For those interested in foraging, Edible Plants of the Pacific Northwest is a comprehensive guide that covers 40 edible wild plants, including recipes and identification tips. The book emphasizes sustainable and responsible foraging practices, ensuring that readers can enjoy the region's bounty while preserving its natural resources.In the Pacific Northwest, cool-season edibles thrive in the misty climate, making it an ideal region for growing a variety of delicious crops. From leafy greens to vibrant berries, these plants are perfectly adapted to the local conditions. By embracing this unique climate, you can create a flourishing edible paradise in your backyard.Kale is easy to grow; just make sure your soil isn't too wet. Kale was popular during World War II because it could survive almost anywhere. Eating kale can be good for you. Lettuce likes the cooler weather of the Pacific Northwest and does well in the shade. It comes in many varieties, so you have lots of options. The ancient Egyptians thought lettuce was a symbol of fertility. Fun fact: People used to think that eating salads would make them healthy.###ARTICLEBrussels sprouts, mustard greens, snow peas, turnips, and celery are a diverse group of vegetables that can add unique flavors and textures to various dishes. Each has its own distinct characteristics, making them well-suited for different climates and growing conditions. Brussels sprouts, which have been first cultivated, benefit from the cool and damp climate of the Pacific Northwest, where they can develop their full flavor potential. For those interested in exploring European roots, Brussels sprouts hail from Belgium, offering a rich culinary heritage. Mustard greens, on the other hand, possess a spicy, pungent flavor that can be used to add excitement to various dishes. They are well-suited for the Pacific Northwest's climate and provide a quick-growing green that can be harvested as needed. Snow peas, with their tender, flat pods, offer a sweet and crisp bite that is perfect for stir-fries and salads. They thrive in the cool, moist climate of the Pacific Northwest, adding both flavor and visual appeal to any garden. Turnips, with their sweet, earthy roots and nutritious greens, are a versatile addition to any garden. They mature quickly and offer a dual harvest. Celery, known for its crisp texture and refreshing flavor, is well-suited for the Pacific Northwest's cool summers. Its stalks provide a satisfying crunch that can be used in various dishes, such as soups and salads. When planted in well-drained soil and consistently watered, these vegetables can thrive and provide a variety of culinary experiences. Their historical significance and versatility make them a great addition to any garden or kitchen.

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