

## Native and naturalized foods we have eaten or seen near Bluebird Forest Garden, Orofino hills, Idaho.

We recommend looking at several pictures and descriptions of these plants online or in books to be sure of identification before harvesting and eating. [bluebirdforestgarden@gmail.com](mailto:bluebirdforestgarden@gmail.com)

<p><b>Leafy greens:</b> Sour Leaf (sheep sorrel) Dandelion, leaf and blossom Chicory Agoseris Yellow dock leaf and seed Claytonia (miner's lettuce) *False Soloman's seal Fern fiddleheads Deer moss (black or green) Pine needles (for tea) Certain lichens Plantain Lamb's quarters leaf and seed Violet leaves Daisy leaves New fir needles Chinese lettuce Timothy grass (the inner leaf) Bull thistle leaf stems Fireweed Horsetail *Indian pipes Sow Thistle Shepherd's purse Pineapple weed Mullein *Queen Anne's lace (greens and root first year, blooms and seeds second) Pearly everlasting Trillium Bed straw Stinging nettles Amaranth leaf and seed Speedwell Arrowleaf Balsamroot Clover (all parts, even seeds) Chickweed, leaf and seeds Burdock</p>	<p><b>Herbs:</b> Willow bark *Yarrow Plantain Mint Wild cherry bark Hawthorn *Arnica (topical only) *St. John's wort <b>Saps:</b> Maple Birch *Larch Clematis Dogbane (Indian hemp) White Pine Ponderosa pine cambium Fir resin <b>Mushrooms</b> Morrell Meadow (pink bottom) Shaggy mane (ink cap) Giant puffball Chanterelle Brains King bolete Coral, yellow and brown <b>Fruit and berries:</b> Black cap raspberries Blackberries (dewberry) Himalayan blackberry Rose hips Service, or Saskatoon berries Thimble berries Alpine strawberries Elderberries Huckleberries Mountain ash berries *Soloman's seal Wild plum</p>	<p><b>Roots and tubers:</b> Blue Prairie Camas Dandelion Burdock Chicory Gentian Bracken Canadian Thistle Angelica Mountain hollyhock, or mallow, (all parts are edible) *Fern Bracken tuber Cattail Yellow Dock (medicinal) Wild Ginger Bugleweed Arrowleaf Balsamroot <b>Animals:</b> Pack rat Snowshoe rabbit Cottontail rabbit Deer, elk, moose Raccoon, porcupine Turkey, grouse Red squirrel, ground squirrel Fish <b>Insects:</b> Cicada Ants and ant larvae Wood grubs Grasshoppers, crickets Aphids Wasp larvae <b>Blooms and pollen:</b> Pine pollen Cattail pollen Rose petals Clover blossom <b>Seeds:</b> Blue flax Arrowleaf Balsamroot</p>
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\* These plants have potent or medicinal qualities. Research how to use, and eat with caution.