

WILD EDIBLE PLANT FORAGING LIST



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WARNING Never eat or touch a plant you cannot identify with 100% certainty. Many plants are poisonous, some can be life threatening. Responsibility for eating any plant must rest with the individual so BE CAREFUL! The information provided here is a general summary of information. While every effort has been made to ensure the accuracy and completeness of information, no warranties are expressed or implied regarding errors or omissions. No legal liability or responsibility for any injuries is assumed from this information.

Common Name	Botanical Name	What	How	Where	When	Caution	Texas Native	Description
Prickly Lettuce	Lactuca serriola	Young leaves, Flower buds	Raw or Cooked	Landscapes, Abandoned lots, Fields	Spring, Fall, Winter	Older leaves can be quite bitter. Do not eat too much.	N	A somewhat bitter salad green. Spines are soft and edible when young. Young leaves can be cooked to remove bitterness or diluted with non-bitter greens in salad.
Dandelion	Taraxacum officinale	Leaves, Flowers, Roots	Raw or Cooked	Landscapes, Abandoned lots, Fields	Spring, Fall, Winter	Older leaves can be quite bitter	N	Young leaves can be cooked to remove bitterness or diluted with non-bitter greens in salad. Flowers eaten raw or fried or used in winemaking. Roots cooked as coffee substitute.
Woodsorrel/ Oxalis	Oxalis spp.	Leaves, Flowers, Roots	Raw or Cooked	Landscapes, Abandoned lots, Fields, Everywhere	Year round	Limit consumption of oxalic acid	N	Heart shaped, clover-like leaves have a strong citrus-like tangy flavor. Try fresh in salads or as a citrus subst. in cooked dishes.
Sow Thistle	Sonchus oleraceus	Leaves, Stems, Buds, Roots	Raw or Cooked	Landscapes, Abandoned lots, Fields, Everywhere	Spring, Fall, Winter	Beware Look-a-Like, Groundsel	N	Pickle unopened buds, Cook young leaves like spinach, Roasted roots make bitter coffee subs.
Yucca	Yucca spp.	Flowers , Young Stalks, Fruit cooked	Raw or Cooked	Landscapes, Fields, Full Sun	Spring, Summer	Eat only Flowers, Stalk, Fruit as other parts are poisonous	Y	Emerging stalks are sweet roasted, Some edible fruit resembles eggplant. Avoid soapy tasting flowers.
Pink Evening Primrose	Oenothera speciosa	Young leaves, Flowers	Raw or cooked	Landscapes, Abandoned lots, Fields, Everywhere	Spring, Summer	Don't eat excessive amounts	Y	Flowers eaten raw in salads or cocktails, Cooked in quiche. Young leaves as a pot herb.
Prairie Parsley	Polytaenia nuttallii	Seeds, Leaves	Leaves cooked, Seeds as Seasoning	Fields, Roadsides	Winter, Spring		Y	Relative of Carrots and Dill and seeds can be used similarly. Leaves cooked as pot herb however best to leave for swallowtail larvae
Eastern gamagrass	Tripsacum dactyloides	Seeds/Grain	Cooked	Fields, Wetlands, Undisturbed areas	Fall		Y	Small grains popped like popcorn, milled as flour, cooked like wheat or sorghum
Monarda	Monarda spp.	Flowers, Leaves	Teas or Seasoning	Landscapes, Abandoned lots, Fields	Spring, Summer		Y	Herbal citrus flavored tea, seasonings
Dichondra	Dichondra spp.	Leaves	Raw or Cooked	Landscapes, Abandoned lots, Fields, Everywhere	Year round		Y	Used as spinach raw or cooked. Better young when raw, cooked as they get tougher
Oak	Quercus spp.	Acorns	Flour, Coffee subst.	Landscapes, Abandoned lots, Fields, Everywhere	Fall	Leach out bitter tannins by soaking or boiling in water	Y	Focus on white oak species like bur oak. Remove shells and coarsely chop meat in blender or food processor. Boil meal, changing out water until not bitter. Dry and grind into flour.
Hackberry	Celtis spp.	Ripe Fruit	Raw, Jelly	Landscapes, Abandoned lots, Wooded areas	Fall		Y	Hackberries are reported to grow on every continent except Antarctica and are believed to have been a vital food source on each. Ripe fruits are sweet. Reminiscent of fruit leather.
Curled Dock	Rumex crispus	Young leaves, Seeds	Raw or Cooked, Seeds ground	Abandoned lots, Fields, near water	Year round	Older leaves can be quite bitter. Do not eat too much.	N	Related to the vegetable sorrel. Tangy leaves are nutrient dense. Remove papery sheath from seeds and lightly roast
Honey Locust	Gleditsia tricanthos	Buds, Flowers, Pods Seeds	Raw or Cooked, Teas	Landscapes, Abandoned lots, Fields, Everywhere	Spring, Summer	Don't eat if bitter	Y	Young pods eaten like green beans, Seed pith is super sweet, Pods ground in flour, brewed in beers
Willow	Salix spp.	Twigs, Inner Bark	Tea, Raw, Dried	Abandoned lots, Fields, near water	Spring, Year round	Avoid excessive amounts	Y	Outer bark of young branches contains salicylic acid, the inspiration for aspirin. Inner bark porridge as famine food.
Cattail	Typha latifolia	Tubers, Shoots, Male flowers	Cooked	Wetland areas	Year round	Wash well	N	Tubers in winter, shoots in spring/summer, pollen and flowers in spring
Queen Anne's Lace	Daucus carota	Root, Shoots, Seeds	Raw or Cooked	Landscapes, Abandoned lots, Roadsides, Fields	Early summer	DON'T CONFUSE W HEMLOCK! Hairy legs?	Y	Wild "Carrot" to flavor soups, Seeds like celery seed, Flowers like elderberry in jellies, cocktails,
Bastard Cabbage	Rapistrum rugosum	Flowers, Leaves, Seedpods	Raw or Cooked	Roadsides, Abandoned lots, Fields, Everywhere	Fall, Winter, Spring	Never eat an ornamental cultivar that has been treated with a pesticide	N	Flowers and pods raw in salads, Broccoli-like buds raw or cooked, Youngest leaves like collard greens
Goldenrod	Solidago spp.	Young leaves, Flowers	Raw or Cooked	Landscapes, Abandoned lots, Fields	Spring, Summer, Fall		Y	Youngest tender leaves fresh in salads. Older leaves and young flowers make licorice flavored tea. Flowers in cocktails
Grape	Vitis spp.	Ripe fruit, young leaves, tendrils	Raw or Cooked, Jelly	Landscapes, Abandoned lots, Wooded areas	Summer, Fall	Avoid eating tart grapes in large amounts, instead use for jellies	Y	Mustang grapes are sour and can be identified by lobed young leaves and white undersides Fruit is sour and best used for jelly. Muscadine grapes are sweeter and have green undersides.
Alligator Weed	Alternanthera philoxeroides	Stems, Leaves	Cooked	Shallow water areas	Spring, Summer, Fall	Avoid if toxins in water	N	Tender leaves best chopped and cooked like spinach. Can accumulate toxins in low quality water
White Sweet Clover	Melilotus albus	Flowers, Leaves, Seeds	Teas, Raw, Cooked	Abandoned lots, Fields	Spring to Summer		N	Flowers in teas- vanilla flavor, Seeds roasted, Young leaves like spinach
Plantain	Plantago spp.	Leaves, Seeds	Raw or Cooked	Landscapes, Abandoned lots, Fields, Wet areas	Spring		Y	Young tender leaves best cooked, Young seedhead raw like baby corn
Greenbriar	Smilax spp.	Tender vines, leaves, berries, tubers	Raw or Cooked	Landscapes, Abandoned lots, Wooded areas	Year round	Look for thorns (prickles) and tendrils!	Y	Above ground portions can be eaten raw. Leaves and tendrils can be cooked like spinach and young vines can be cooked like asparagus.
Dewberry	Rubus spp.	Flowers, BERRIES	Raw or Cooked, Jelly	Abandoned lots, Fields, some shady edges	Spring	Thorns, Poison ivy	Y	Related to blackberries and taste just as good but more seeds. Tea can be made from young leaves, flowers
Prickly Pear	Opuntia spp.	Fruit, Pads, Flowers	Jelly, Pickled	Landscapes, Fields, Everywhere	Spring, Summer	Watch out for Large spines AND fine hairs	Y	Young pads are cut into strips and pickled. Fruits made into jellies, syrups and margaritas. *Burn off spines & glochids
Echinacea/Purple Cone-flower	Echinacea purpurea	Leaves, Flowers, Roots	Tinctures, Teas, Extracts	Landscapes, Abandoned lots, Fields	Summer, Fall	Prolonged consumption might affect gastrointestinal bacteria. We do not diagnose or prescribe and strongly urge you to visit your healthcare professional if you are suffering from any condition or illness	Y	Flowers, leaves can be eaten raw in salads. Long History of medicinal use, Scientific studies vary so do your own research.
Mexican Mint Marigold	Tagetes lucida	Leaves, Flowers	Raw or Cooked, Teas	Landscapes	Spring, Summer, Fall		N	Used as a tarragon substitute for flavoring soups and stews, Tea can be made from dried leaves
Autumn Sage	Salvia greggii	Leaves, Flowers	Dried as seasoning, Flowers raw	Landscapes, Fields, Wooded areas	Spring, Summer, Fall		Y	Leaves are reportedly dried and used as Mexican food seasoning, Flowers sweet and floral.
Alliums	Allium spp.	Bulbs, Stems, Leaves, Flowers	Raw or Cooked	Landscapes, Abandoned lots, Fields, Everywhere	Year round	Smell like onion?	Y	There is a minimally toxic mimic of wild onion, which is called Crow's Poison (Nothoscordum bivalve). This plant look almost identical to a small wild onion but it lacks the onion/garlic smell
False Dandelion	Pyrrhopappus pauciflorus	Young leaves, stems, roots	Raw or Cooked, roasted	Landscapes, Abandoned lots, Fields	Winter, Spring		Y	Young leaves raw in salads, older leaves boiled like dandelions for a potherb. Autumn roots boiled or roasted.
Pecan	Carya illinoensis	Nuts	Raw or Cooked	Landscapes, Abandoned lots, Wooded areas	Fall		Y	Native "unimproved" pecans are typically smaller with a thicker shell but can have exceptional flavor.