

Plants With Edible Parts - Desert Survivors

Scientific Name	Common Name	Edible Part of Plant
<i>Achillea millefolium</i>	Yarrow	Leaves (culinary herb)
<i>Agastache</i> spp.	Horsemint	Leaves (tea)
<i>Agave</i> spp.	Agave, Century plant	Roasted 'hearts' and syrup from stalks
<i>Amoreuxia</i> spp.	Saya	Entire plant
<i>Antigonon leptopus</i>	Queen's wreath vine	Tuber - cooked
<i>Berlandieri lyrata</i>	Chocolate flower	Dried flowers - seasoning
<i>Berberis</i> spp.	Barberry, Algerita	Berries
<i>Brahea armata</i>	Mexican blue fan palm	Fruits
<i>Carnegiea gigantea</i>	Saguaro	Fruits
<i>Celtis pallida</i>	Desert hackberry	Berries
<i>Chilopsis linearis</i> subsp. <i>arcuata</i>	Native desert willow	Flowers (tea)
<i>Condalia</i> spp.	Snakewood	Berries
<i>Cucurbita</i> spp.	Wild gourd	Ripened seeds (roasted)
<i>Cylindropuntia</i> spp.	Cholla	Immature buds and fruits - roasted
<i>Dalea</i> spp.	Prairie clover	Leaves (tea)
<i>Dasyilirion wheeleri</i>	Sotol, Desert spoon	Inner part of roasted flower stalks, heart
<i>Diospyros texana</i>	Texas persimmon	Fruits
<i>Echinocereus</i> spp.	Hedgehog cactus	Fruits
<i>Ferocactus</i> spp.	Barrel cactus	Seeds
<i>Fouquieria splendens</i>	Ocotillo	Seeds, flowers (tea)
<i>Humulus lupulus</i> var. <i>neomexicanus</i>	New Mexico hops	Buds - tea/beer brewing
<i>Juniperus deppeana</i>	Alligator juniper	Berries
<i>Lippia graveoleons</i>	Mexican oregano	Leaves (culinary herb)
<i>Lycium</i> spp.	Wolfberry	Berries
<i>Macroptilium atropurpureum</i>	Bloodred beanvine	Beans
<i>Malvaviscus arboreus</i> var. <i>drummondii</i>	Turks cap	Fruits
<i>Mammillaria</i> spp.	Pincushion cactus	Fruits
<i>Marsdenia edulis</i>	Talayote	Immature fruits (cooked)
<i>Mentha arvensis</i>	Native mint	Leaves
<i>Morus microphylla</i>	Western mulberry	Berries, leaves (tea)
<i>Nolina microcarpa</i>	Beargrass	Inner part of roasted flowerstalks
<i>Olneya tesota</i>	Desert ironwood	Seeds (don't eat too many!), flowers
<i>Opuntia engelmannia</i>	Engelmann's prickly pear	Cooked fruits
<i>Panicum</i> spp.	Panicum grass	Seeds
<i>Parkinsonia florida</i>	Blue palo verde	Seeds
<i>Parkinsonia microphylla</i>	Foothills palo verde	Seeds
<i>Passiflora</i> ssp.	Passionflower	Inside of fruits
<i>Pinus edulis</i>	Pinyon pine	Seeds/nuts
<i>Poliomenantha incana</i>	Hoary rosemary mint	Leaves (tea)
<i>Poliomenantha madrensis</i>	Mexican oregano	Leaves (culinary herb), flowers
<i>Porophyllum gracile</i>	Odora	Leaves
<i>Proboscidea</i> spp.	Devil's claw	Seeds, cooked immature pods
<i>Prosopis</i> spp. (Native)	Mesquite	Pulp in pods
<i>Prunus serotina</i>	Black cherry	Fruits
<i>Quercus emoryi</i>	Emory oak	Acorns
<i>Rhamnus betulifolia</i>	Betony leaf buckthorn	Berries
<i>Rhus</i> spp.	Native sumac	Berries
<i>Rhychonsia edulis</i>	Snout bean	Seeds/beans
<i>Ribes aureum</i>	Golden currant	Berries
<i>Rosa</i> spp.	Native rose	Hips, flowers
<i>Rubus arizonensis</i>	Arizona blackberry	Berries
<i>Sambucus mexicana</i>	Mexican elderberry	Ripe berries, flowers (tea)
<i>Selenicereus spinulosus</i>	Vineline moonlight cactus	Fruits
<i>Senegalia greggii</i> (<i>Acacia greggii</i>)	Catclaw acacia	Seeds
<i>Simmondsia chinensis</i>	Joboba	Fully ripe, dried seeds (small quantities)
<i>Sporobolus wrightii</i>	Giant sacaton	Seeds
<i>Stenocereus thurberi</i>	Organpipe cactus	Fruits
<i>Stephanomeria pauciflora</i>	Wirelettuce	Leaves
<i>Tagetes lucida</i>	Mexican tarragon	Leaves (culinary/tea)
<i>Talinum portulacastrum</i>	Jewels of Opar	Leaves
<i>Telesperma megapotamicum</i>	Navajo thread leaf tea	Dried seedheads (tea)
<i>Vitis arizonica</i>	Arizona grape, canyon grape	Berries
<i>Washingtonia filifera</i>	California fan palm	Fruits/seeds
<i>Yucca schottii</i>	Mountain yucca	Fruits
<i>Ziziphus obtusifolia</i>	Graythorn	Berries (flavor is highly variable)
Mission Heirloom Fruit Trees:		
<i>Citrus limatoides</i>	Lima, Mexican sweet lime	Fruit
<i>Cynoda oblonga</i>	Sonoran quince	Fruit
<i>Ficus carica</i>	Black mission fig/ White fig	Fruit
<i>Punica granatum</i>	Pomegranite	Fruit
<i>Vitis vinifera</i>	Mission grape	Fruit