

## *Edible Plants* (some common Colorado plants)

### **Dandelion**

**Edibility:** Edible

**Color:** Green / Yellow

This plant was introduced from Europe. All parts are edible. Older leaves can turn very bitter. They are best when very young, or after a frost. They can be used in salads as well as cooked.



### **Sage**

**Edibility:** Edible

This common plant is found throughout the mountains and plains and is regularly used as an herb to flavor meats and other food dishes. The leaves can be finely chopped and added to other foods to improve their flavor. The flavor is quite strong.



### **Plains Prickly Pear Cactus**

**Edibility:** Edible

This common cactus yields fresh edible petals and edible fruits. Be careful with the spines. The fruits or tunas should be removed of spines, sliced in half and seeds removed. The rest can be eaten. They can then be eaten raw or used to make jams and jellies. The seeds can also be eaten if ground into a meal. The young petals can be eaten raw, or cooked. The stickers are not so easy to remove. You can find larger prickly pears, cut petals, full petals and jarred petals in latin markets in the produce sections and canned goods.



### **Pinion Pine & Ponderosa Pine**

**Smell:** Pine    **Edibility:** Edible    **Color:** Green

Pinon and Pine nuts are edible and collected by some people. Tea made from the needles is rich in Vitamin C but should only be taken in moderation. Large amounts of evergreen teas can be toxic.



## Mountain Raspberry

Habitat: Dry rocky slopes. Foothills to Montane.

Edibility: Edible      Color: Red

Edible berries usually fruiting in August and September. You can find steep hillsides covered with them. They are one of the easiest edible berries to identify. The berries can be used to make jams and jellies. Medicinal Teas can also be made from the leaves of the raspberry plant. Raspberries are high in vitamin C. Raspberries can also help prevent gum disease.



## Wild Lettuce, Prickly Lettuce

Edibility: Edible      Color: Green

A common weed introduced from Europe. It can be eaten, however it is rather bitter and has spines. It is a close relative to our normal lettuce.



## Wild Onion, Geyer's Onion

Habitat: Very common from plains to subalpine areas. Grows in moist meadows and hillsides.

Smell: Onion      Edibility: Edible      Color: Lavender

Pink, lavender to white flowers. Smells strongly of onion. Be careful not to confuse with a close look-a-like the death camas. There are many similar onions that grow in the from the plains to treeline. These onions are very common throughout Colorado. Can be cooked over a fire with fish or meat. They are a very good onion with lots of earthy flavor. Many need to be collected for a meal.



## Yucca, Narrow leaved Yucca

Edibility: Edible      Color: Green

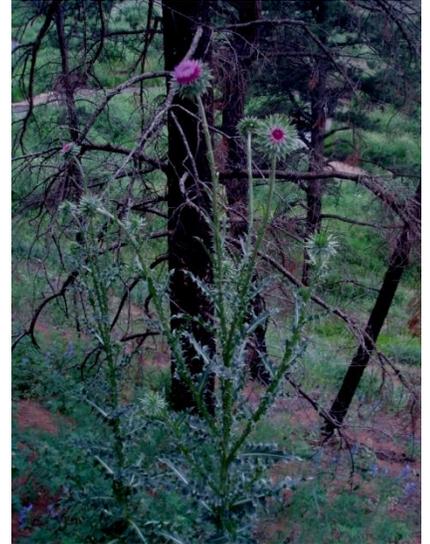
A very useful plant found on dry hillside in desert, plains and foothills. Leaves are used to make strong fibers. Roots can be used to make soap. The fresh flowers can be eaten raw in salads. It is best to get them before they fully open and get riddled with bugs. The wood from yucca is great for making fires using primitive methods such as a bowdrill or firesaw. In the show Man vs. Wild he uses yucca to make a firesaw.



## Thistle, Creeping thistle

Edibility: Edible

A close relative of the artichoke. This is a very common weed throughout the United States. The roots and young flowers are edible.



## Wild Strawberry

Edibility: Edible

Wild strawberries are easily recognized by their long, runner stems and white flowers with yellow center. They tend to grow in wetter areas and are low to the ground, vine-like plants. The fruit are red and small when ready to eat. The fruit is edible.

