

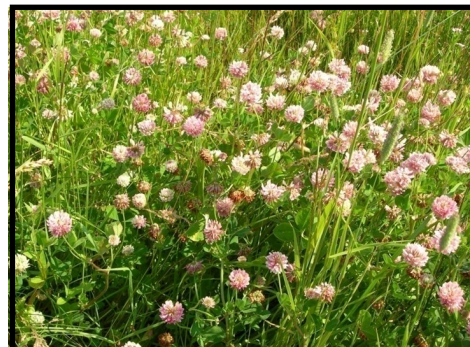
Edible plants of Uinta County Wyoming and the Uinta Mountains



Cattail. Tall herbaceous plants up to 10 ft tall in marshes and other wet areas. Flowers petal-less, densely crowded in terminal inflorescence. All green plant parts edible from roots to pollen.



Chokecherry. Shrub or small tree. Leaves simple with serrated margins. Flowers bright white in the spring. Berries edible, bright red in the summer turning dark purple in the fall. Pits poisonous.



Clover. Native and non-native species, commonly with rounded white to purplish-red flower clusters. Leaves with three distinct leaflets. Entire plant is edible, raw, or cooked.



Common Dandelion. Forb, non-native, in sagebrush, forests, meadows, and weedy in lawns and gardens. Tender young leaves, flowers, and roots edible raw or cooked (avoid areas where herbicides have been applied).



Currant. Shrub with strongly lobed leaves, but lacking spines. Flowers pink or yellow. Berries green, turning purplish, black, red, or orange at maturity. Used to make delicious jellies and syrups. Darker berries are usually sweeter.



Indian potato. Short lived, on open slopes of foothills/mountains near receding snowbanks. Flowers, small white, forming a cluster atop the stem. Leaves linear, withering away soon after flowering. Underground bulb, 1.5 cm thick, edible.



Northern bedstraw. Perennial, 10 to 40 cm tall in sagebrush, forests, and meadows. Leaves in clusters of 4. Flowers white, tiny, and numerous, in clusters up the stem. Leaves and stems edible.



Prickly pear cactus. Leaves large fleshy, with stout spines. Flowers, yellow to pink, form atop the leaves. Fruit spiny, 2-4 cm long, dry, brown, and deciduous. Pulp of pads and fruit edible, raw or cooked.



River hawthorn. Small tree with rounded crowns, along rivers. Branches bearing thorns. Flowers white. Small apple-like fruit blackish at maturity, 6-12 mm thick. Fruits and young shoots edible.



Serviceberry. Shrub, in sagebrush and mountain brush. Leaves simple, toothed on upper two-thirds. Bark a deep reddish color. Berries edible, pinkish turning dark blue when ripe.



Violet. Native plant in sagebrush, forests, and meadows. Flower recognizable, 1-2 cm long, blue, purple, yellow, white. Leaves and flowers edible, high in vitamin C.



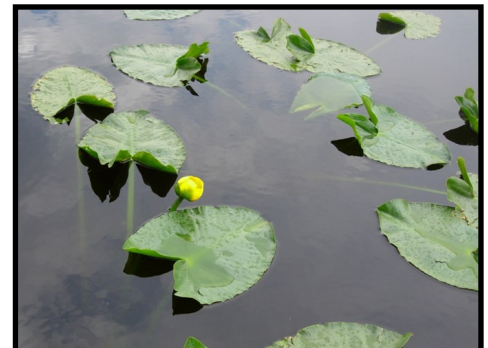
Whitestem gooseberry. Shrub in mountain brush and meadows, mid to high elevation. Leaves palmately 3 to 5 lobed. Stems spined. Berries dark purple, edible fresh or cooked.



Wild rose. Shrub, growing up to 3 m tall, with prickles. Flowers pink with 5 petals. Rose hips (fruit) red to yellow, persisting through winter. Hips edible, are high in Vitamin C. Leaves and flowers also edible.



Wild strawberry. Low growing herb in open meadows and wooded areas, higher elevations. Leaves with 3 hairy leaflets. Fruit small, up to 1 cm thick, edible. Leaves edible, often used dried in teas.



Yellow pond lily. Aquatic herb, mountain ponds/lakes. Leaves floating. Leaf stems up to 10 dm long, dependent on water depth. Flowers yellow. Fruit ovoid, 4-6 cm. Fruits, seeds, root tubers edible.

Edible, but use caution...



Cow parsnip. Large perennials in mountain brush, meadows, and forests. Flowers white, in umbrella-like clusters. Leaves wide, toothed and usually three-parted, with dilated sheath at attachment to stem. Roots and leaves edible. Similar to deadly Water hemlock.



Elderberry. Shrub, 5-6 ft high, growing in moist soils in mountains and forests. Flowers white. Leaves opposite, pinnately divided. Berries blue or red, poisonous until cooked properly. Consume only with expert guidance.



Wild onion. Sagebrush, forests, and meadows. Bulbs 1 to 1.5 cm, buried up to 10 cm deep. Flower stem 10 to 30 cm, rising above leaves. Flowers pink to purple, in clusters of 3-30. Bulbs and greens edible. Avoid similar plants lacking onion-like odor as some are poisonous.

References and Resources:

Preserving Food in Wyo: Wild Berries & Other Wild Fruit. UWyo Extension. Rev. July 2011. Available online.
 Edible and Poisonous Berries of Shrubs in Wyoming. Barnyards & Backyards, Fall 2017. Available online.
 USDA Plants Database (plants.usda.gov).



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