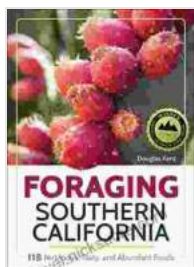


Foraging Southern California: 118 Nutritious, Tasty, and Abundant Foods

Southern California is a forager's paradise, with a diverse array of edible plants that can be found throughout the year. From the coastal sage scrub to the chaparral-covered hills, there are hundreds of nutritious and tasty wild edibles waiting to be discovered.

Getting Started

Before you start foraging, it's important to learn how to identify plants safely. There are many resources available to help you, including books, websites, and field guides. It's also a good idea to take a class or workshop from a qualified instructor.



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★★★★☆ 4.5 out of 5

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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 259 pages
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Once you're confident in your ability to identify plants, you can start exploring the wild edibles in your area. Be sure to start slowly and only

harvest small amounts of each plant until you're sure you know what you're eating.

Edible Plants of Southern California

The following is a list of 118 edible plants that can be found in Southern California. The list is organized by plant family, and each plant is described with its common name, scientific name, and a brief description of its edible parts.

Amaranthaceae

- Common purslane (*Portulaca oleracea*): Leaves and stems are edible raw or cooked.
- Miner's lettuce (*Claytonia perfoliata*): Leaves and stems are edible raw or cooked.

Apiaceae

- Giant fennel (*Ferula communis*): Stalks and leaves are edible raw or cooked.
- Wild carrot (*Daucus carota*): Roots are edible raw or cooked.

Asparagaceae

- Asparagus (*Asparagus officinalis*): Spears and shoots are edible raw or cooked.
- Coastal onion (*Allium fimbriatum*): Bulbs and leaves are edible raw or cooked.
- Wild garlic (*Allium vineale*): Bulbs and leaves are edible raw or cooked.

Asteraceae

- California aster (*Symphotrichum chilense*): Leaves and flowers are edible raw or cooked.
- Gumplant (*Grindelia camporum*): Leaves and seeds are edible raw or cooked.
- Pineapple weed (*Matricaria matricarioides*): Flowers are edible raw or cooked.

Boraginaceae

- Common borage (*Borago officinalis*): Leaves and flowers are edible raw or cooked.
- Comfrey (*Symphytum officinale*): Leaves are edible raw or cooked, but should be consumed in moderation.

Brassicaceae

- Black mustard (*Brassica nigra*): Leaves, stems, and seeds are edible raw or cooked.
- Wild mustard (*Brassica geniculata*): Leaves, stems, and seeds are edible raw or cooked.

Cactaceae

- Cholla cactus (*Cylindropuntia sp.*): Fruits and pads are edible raw or cooked.
- Opuntia cactus (*Opuntia ficus-indica*): Fruits and pads are edible raw or cooked.

Caprifoliaceae

- Black elderberry (*Sambucus nigra*): Fruits are edible raw or cooked.
- Blue elderberry (*Sambucus cerulea*): Fruits are edible raw or cooked.

Caryophyllaceae

- Chickweed (*Stellaria media*): Leaves and stems are edible raw or cooked.

Chenopodiaceae

- Lamb's quarters (*Chenopodium album*): Leaves and stems are edible raw or cooked.
- Redroot pigweed (*Amaranthus retroflexus*): Leaves and stems are edible raw or cooked.

Convolvulaceae

- Field bindweed (*Convolvulus arvensis*): Leaves and stems are edible raw or cooked.
- Morning glory (*Ipomoea purpurea*): Leaves and flowers are edible raw or cooked.

Cornaceae

- Pacific dogwood (*Cornus nuttallii*): Fruits are edible raw or cooked.

Crassulaceae

- Stonecrop (*Sedum sphaerocephalum*): Leaves and stems are edible raw or cooked.

Cucurbitaceae

- California grape (*Vitis californica*): Fruits are edible raw or cooked.
- Wild cucumber (*Cucumis sativus*): Fruits and leaves are edible raw or cooked.

Cupressaceae

- California juniper (*Juniperus californica*): Berries are edible raw or cooked.

Cyperaceae

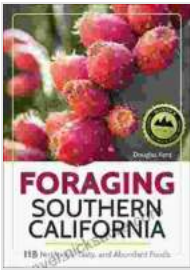
- Common rush (*Juncus effusus*): Shoots and roots are edible raw or cooked.
- Sedge (*Carex sp.*): Tubers and stems are edible raw or cooked.

Ericaceae

- Manzanita (*Arctostaphylos sp.*): Berries are edible raw or cooked.
- Salal (*Gaultheria shallon*): Berries are edible raw or cooked.

Fabaceae

- Acorn (*Quercus sp.*): Acorns are edible raw or cooked.
- Black locust (*Robinia pseudoacacia*): Flowers, leaves, and seeds are edible raw or cooked.
- California black walnut (*Juglans californica*): Nuts are edible raw or cooked.
- Chickpea (*Cicer arietinum*): Seeds are

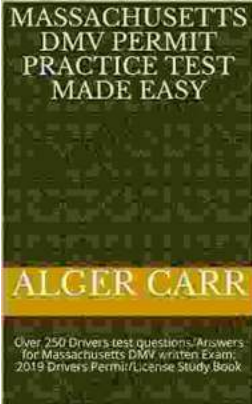


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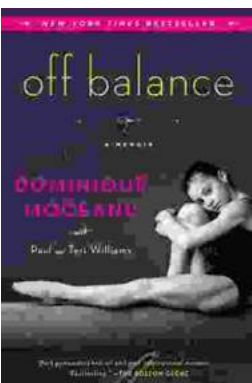
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