

North Idaho Edible Plants Guide

Gymnosperm seeds: naked seeds, with no enclosure (e.g. pine nuts); True, or botanical nuts: dry, hard-shelled, uncompartmented fruit that do not split on maturity to release seeds; (e.g. hazelnuts)

Idaho Botanical Garden The Garden serves as a gathering space in the Boise community and advocates environmental stewardship. Spanning 15 acres, the Idaho Botanical Garden is a premier collection of plants cultivated for the unique sagebrush steppe ecosystem of the Treasure Valley aimed at showcasing the region's biodiversity. environmental stewardship. Spanning 15 acres, the Idaho Botanical Garden is a premier collection of plants cultivated for the unique sagebrush steppe ecosystem The Idaho Botanical Garden, located in the historic Old Penitentiary District of Boise, Idaho, is a 501(c)(3) nonprofit organization dedicated to connecting people, plants, and nature

Apocynum androsaemifolium (2009) [1982]. 589–90. Elias, Thomas S. *Edible Wild Plants: A North American* *Apocynum androsaemifolium*, the fly-trap dogbane or spreading dogbane, is a flowering plant in the Gentianales order. ISBN 0-394-73127-1. Nature Guides). ; Dykeman, Peter A. pp. New York: Knopf. It is common across Canada and much of the United States excepting the deep southeast

Claytonia lanceolata Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest (Rev.). and updated ed. Seattle, WA: Skipstone *Claytonia lanceolata* is a species of wildflower in the family Montiaceae, known by the common names lanceleaf springbeauty and western springbeauty. Benoliel, Doug (2011). 2021-12-11

As a 501(c)(3) nonprofit, the Idaho Botanical Garden does not receive government funding but instead relies on donations, grants, admission fees, special event fundraisers, and a membership program to remain operational. Community partnerships and collaborations through jointly hosted events and sponsorships...

Berberis vulgaris New York: Sterling. p. It produces edible but sharply acidic berries, which people in many countries eat as a tart and refreshing fruit. (2009) [1982]. ; Dykeman, Peter A. Elias, Thomas S. 219 *Berberis vulgaris*, also known as common barberry, European barberry or simply barberry, is a shrub in the genus *Berberis* native to the Old World. *Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods* f2c87ae8c9

Vaccinium deliciosum zones, and especially in alpine communities which do not have very many edible plants. The species is native to western North America. Animals that feed on the berries include black bear, birds, mice, and *Vaccinium deliciosum* is a species of bilberry known by the common names Cascade bilberry, Cascade blueberry, and blueleaf huckleberry. It is a flowering plant in the heath family Ericaceae f2c87ae8c9

Calochortus nuttallii nuttallii). p. ISBN 9781623760113. It is the state flower of Utah. Retrieved September 24 *Calochortus nuttallii*, also known as the sego lily, is a bulbous perennial plant that is endemic to the Western United States. Idaho: A Guide in Word and Picture. The common name of sego comes from a similar Shoshone word. Idaho: Idaho. Works Progress Administration (1937). 115 f2c87ae8c9

Balsamorhiza sagittata are edible and were harvested, dried, and ground into a starchy flour by Native Americans when other food plants were scarce. The plants' large taproots *Balsamorhiza* is a genus of plants in the family Asteraceae known commonly as balsamroots. Atop the tall stems are showy yellow sunflower-like blooms. These are perennials with fleshy taproots and caudices bearing erect stems and large, basal leaves. Balsamroots are native to western North America (United States and Canada) f2c87ae8c9

Shepherdia canadensis It grows in openings and forest understories. The fruit is edible, but the saponin chemicals it contains *Shepherdia canadensis*, commonly called Canada buffaloberry, russet buffaloberry, soapberry, or foamberry (Ktunaxa: kupaʔtiɬ) is one of a small number of shrubs of the genus *Shepherdia* that bears edible berries. northern United States, including Alaska and Idaho f2c87ae8c9

Angiosperm: seeds surrounded by an enclosure, such... f2c87ae8c9

Claytonia sibirica Seattle, WA: Skipstone *Claytonia sibirica* is a flowering plant in the family Montiaceae, commonly known as pink purslane, candy flower, Siberian spring beauty or Siberian miner's lettuce. OCLC 965922681. and updated ed.). A synonym is *Montia sibirica*. It is native to Aleutian Islands and western

North America and has been introduced into parts of Europe and Scandinavia. Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest (Rev. Benoliel, Doug (2011) f2c87ae8c9

List of culinary nuts 245. p. Edible: an illustrated guide to the world's food plants. 114. ISBN 978-1-4262-0372-5 A culinary nut is a dry, edible fruit or seed that usually, but not always, has a high fat content. Nuts are used in a wide variety of edible roles, including in baking, as snacks (either roasted or raw), and as flavoring. Retrieved 2011-11-21. National Geographic Books. 2008. Culinary nuts are divided into fruits or seeds in one of four categories:. In addition to botanical nuts, fruits and seeds that have a similar appearance and culinary role are considered to be culinary nuts. ISBN 0-19-554073-5 f2c87ae8c9

Drapes: seed contained within a pit (stone or pyrena) that itself is surrounded by a fleshy fruit (e.g. almonds, walnuts); f2c87ae8c9 Native Americans used the sticky sap of this plant as a topical antiseptic for minor wounds. The entire plant is edible and nutritious, but not necessarily enjoyable because it contains a bitter, strongly pine-scented sap. The large taproots produced by *Balsamorhiza sagittata* are edible and were harvested, dried, and ground into a starchy flour by Native Americans when other food plants were scarce. The plants' large taproots are reported to be very palatable and far less... f2c87ae8c9

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