

## Edible and Medicinal Wild Plants in Saskatchewan

Our April 2017 educational event featured plant and landscape ecologist, Sandra Walker. Sandra described a number of locally found plants, their culinary potential, and uses for health and wellness. Sandra also discusses poisonous plants. Check out our summary of Sandra's presentation below and find out how you can use wild plants.

*\* Please do your research before eating wild plants. Some plants may be poisonous and many may need to be cooked thoroughly before consuming.*

### Health & Wellness

- **trembling aspen** –powdery substance from the bark directly applied to the skin as a **sunscreen**
- **poison ivy** – use juice from the woody stem on **warts**
- **pasture sage** – rub leaves on skin to use as **bug spray**
- **dogwood** – nature's **afterbite**; also used for relieving the burn from stinging nettle; chew and use as poultice
- **plantain** – nature's **afterbite**; also used to treat **eczema**; warm the leaves slowly on frying pan, cover affected area with leaves, and hold in place with a bandage for four hours
- **yarrow/chipmunk's tail** – nature's **afterbite**
- **dock/buckwheat** – chew and use as poultice to relieve the burn from stinging nettle
- **bedstraw** – pollen can aid **sleep**
- **silverberry** – berries can relieve **headaches**
- **golden rod** – use tea made from the flowers for an **upset stomach**
- **wild licorice** – root can be used as a toothbrush

### Edibles

- **lamb's quarters** – eaten like spinach
- **fireweed** – make jelly out of the flowers; leaves and flowers can be used in salads
- **blue flax** – eat whole or ground as a flour
- **shepherd's purse** – leaves can be used in salads; seeds are spicy, can be dried and ground like pepper
- **Indian breadroot** - tuber is edible; cook and eat like porridge
- **prickly pear cactus** – remove spines; use to thicken stews
- **golden rod** – dried seeds are ground and used to thicken soups; bright yellow flowers used as dye; make tea from flowers for an upset stomach
- **Solomon seal** – can eat the root, but must be cooked first
- **scarlet mallow** – roots can be dried and ground into a powder; sweet and tastes like marshmallow
- **sarsaparilla** – looks like stinging nettle, but has a green stem (not a woody stem); can be used to make root beer
- **wood violet** – flowers and stringy stalk taste like wintergreen
- **bergamot** – can use for making jelly or tea (Earl Grey tea)
- **arrowhead** – tubers taste like water chestnuts

- **cat tails** – the dense green tops can be eaten like corn on the cob; tubers are edible like potato; pollen can be used like flour; be careful, cat tails are filter plants, make sure water source is clean
- **prairie sage** - edible and used for smudges by First Nations
- **Manitoba maple** – can be tapped for syrup in the spring
- **birch** – can be tapped for syrup

### Fruits & Nuts

- Berries – high bush cranberry, elderberry (cooked berries only), raspberry, Saskatoon berry, buffalo berry, hawthorn berries, silverberry, kiniknik/bearberry, juniper berry, gooseberry, black and red currant, bunchberry,
- chokecherry, wild plum, wild grape
- beaked hazelnut

### Teas

- sweet clover, golden rod, wood violet, peppermint, hyssop, bergamot, rose hips and petals, yarrow/chipmunk's tail

### Poisonous

- **milkweed** – butterflies eat milkweed to make themselves poisonous to birds; can be eaten, but must be cooked before consuming
- **elderberry** – raw parts of the plant are poisonous; berries must be cooked before consuming
- **potato** – stems and leaves are poisonous
- **night shade**
- **baneberry**
- **hemlock**
- **lily of the valley**