

Pin Cherry

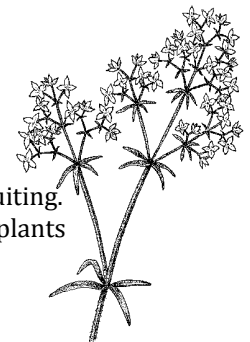
- frequent on dry ridges, small tree, dark red bark, shiny leaves
- white blooms in spring, glossy bright red sour fruit, makes excellent jelly



28

Bedstraw

- Northern (4 leaves)
- Sweet Scented (6 leaves)
- stem, leaves and flowers of plant can be eaten raw.
- plant best when collected before fruiting.
- raw plant has mild/no taste, older plants have unpalatable texture.
- plant is best when cooked.
- is a good source of vitamin C.

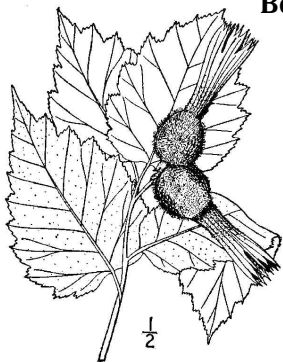


warning: acts as a mild laxative when eaten in quantity.

1

Beaked Hazelnut

- Shrub with slender stems
- oval, fine toothed leaves
- edible nuts with beaked husks, twist off, don't break. Wear gloves.
- Let nuts dry, then peel and eat or roast



26

Burdock

- large substantive leaves, wavy on edges, underside whitish, felt, large veins.
- Purple flowers on older plants.
- young leaves edible raw.
- older leaves and roots can be boiled
- roots can be roasted/ground
- white pith of young flower stalks is edible raw.
- do not confuse with Cocklebur, which is taller with more stalk and rougher leaf edges, whose uncooked leaves are poisonous



3

Wild Rose

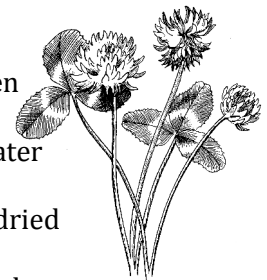
- rose petals are edible.
- buds are edible.
- young shoots are edible.
- young leaves are edible.
- fruit (hip) of the plant is edible.
- hips can be eaten fresh or dried for storage.
- only the outer shell of the rosehip is edible, discard the mass of hard, hairy seeds.



24

Clover

- above-ground parts can be eaten raw
- best cooked or dipped in saltwater to counteract bloating.
- flowerheads can be eaten raw, dried or cooked.
- flowerheads and seedheads can be ground into flour.
- sprouts have the best taste.
- difficult to digest, can cause bloating
- avoid during autumn due to alkaloid



5

Welcome to Manitoba's Pembina Valley, home to 1/3 of all the flora (plant) species in the entire province.

Please note that with all foraged edibles you are consuming at your own risk. Many plants can cause harm if overeaten. This book is meant as an introductory guide, and is unable to include all of the information for each plant. Please use this as a starting-place and feel free to do further research into the vast world of wild edibles!

Sources:

Manitoba Edible Plants information:
<http://northernbushcraft.com>

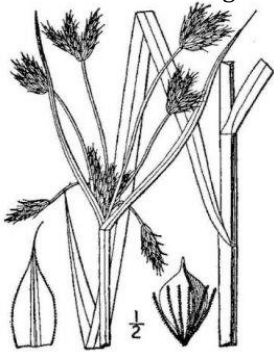
Saskatchewan and Manitoba Nature Guide by
 Krista Kagume

Native Manitoba Plants by Hector Macdonald

Rodale's Successful Organic Gardening HERBS by
 Patricia S. Michalak

Bulrush

- grows in shallow calm water.
- shoots and lower stalk are edible raw.
- growing tips of rhizome are edible raw.
- dried rhizome can be crushed to remove fibers, ground into flour.
- fresh rhizomes can be boiled into gruel.
- seeds are edible raw or parched.



2

Saskatoon Berry

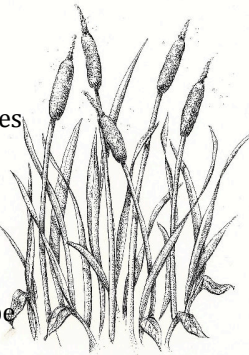
- purple berry is mildly sweet to neutral.
- cooked/steamed berries can be mashed and dried
- dried berries + meat and fat = pemmican.
- dried berries can be added to soups.
- plant is a shrub or small tree.
- *warning: pits contain cyanide-like toxins, which are destroyed by cooking or drying.*



27

Cattail

- tender, white inner part of shoots/plants is edible raw.
- pull up plant, peel away outer leaves to eat white central core raw
- pollen can be used as flour,
- green flower spikes can be cooked and eaten like corn on cob.



- fluff from the brown-cylinder can be burned to separate and parch the seeds, which are edible.

4

Wild Strawberry

- berry is sweet.
- berry can be mashed and spread out into cakes and sundried.
- flowers, leaves and stems can be used for flavouring.
- leaves make medicinal tea



warning: wilted or partly wilted leaves contain toxins.

25

Common Sweet Clover

- young leaves gathered before flowering can be eaten raw.
- seeds and flowers can be used as flavouring.



warning: do not ingest moldy plants due to the presence of dicoumarol, which reduces the ability of blood to coagulate.

6

Cone Flower / Echinacea

- flowers and flowerbuds are edible raw.
- leaves and stems are edible raw.
- plant is suitable as a potherb or in tea.



warning: not recommended for people with autoimmune disorders. warning: should not be consumed with drugs known to cause liver toxicity.

23

Violet

- leaves and flowers edible raw

- pinch off flower at its base
- petals may be candied or added to jams or fruit salads

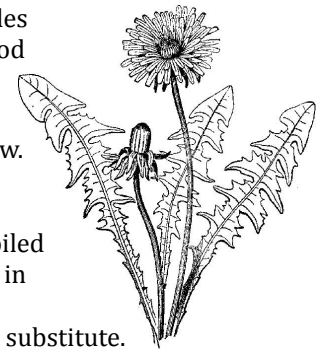


22

Dandelion

- ensure they're free of pesticides
 - brought on Mayflower as a food crop in 1620

- all parts of plant are edible raw.
- young leaves or those in less sun least bitter.
- older leaves are best when boiled
- roots are best when collected in spring/autumn and cooked
- roots can be roasted as coffee substitute.
- unopened flower buds can be eaten raw or used in cooking.

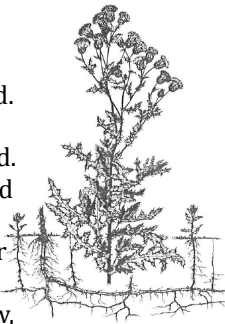


7

Canada Thistle

- roots are best when boiled or roasted.
- roots contains the starch inulin, breaks down into a sugar when cooked.
- cooked roots can be dried and ground to flour.
- stems and leaves are edible raw, after peeling to remove prickles.
- immature flowerheads are edible raw, but best when steamed.

warning: eat in moderation, some thistles are carcinogenic.



20

Goldenrod

- grows in open plains
- plants can be cooked.
- flowers are edible raw.
- seeds are edible raw.



9

Stinging Nettle

- young leaves are edible raw, though they will sting in the mouth for a short time.
 - young shoots and young plants are edible when steamed/cooked.
 - Heat (cooking) deactivates the sting
 - roots are edible when cooked.
 - roots are best when collected in spring/autumn.
 - High in vitamins, goes well in soups
- warning: wear gloves when collecting to avoid stings.*



18

Lamb's Quarters

- plants can be eaten raw.
- flower clusters can be eaten raw.
- seeds are edible raw.
- seeds can be ground into a bitter black flour.
- seeds are best cooked before being ground.

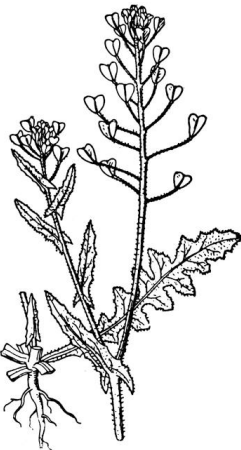
warning: seeds eaten in quantity may be toxic. Raw plants should be eaten moderation due to oxalates, which interferes with nutrient absorption.



11

Shepherd's-Purse

- all parts of plant are edible raw.
- older plants can be tenderized by adding pinch of baking soda to cooking water.
- pods and seeds are edible, and taste peppery.
- seeds can be parched and ground to flour.
- roots can be eaten fresh or dried; burning the plant results in ash that can be used as salt substitute and/or tenderizer.



16

Pigweed

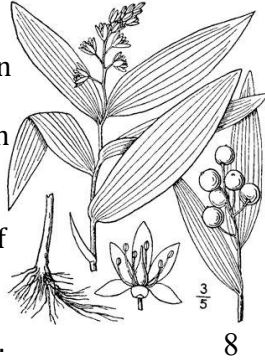


- young leaves are edible raw.
- leaves are suitable as a potherb.
- seeds can be winnowed, roasted and ground into a flour.
- grows in farmer's fields, disturbed sites and wetlands.

13

False Solomon's Seal

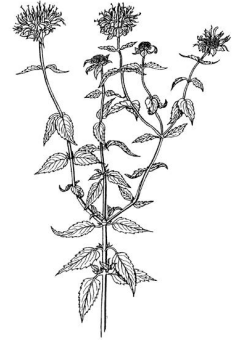
- berry is edible.
- berry transitions from green to mottled/dark red.
- berry was traditionally stored in cooled grease.
- berry is high in vitamin C.
- young shoots and green parts of young plants are edible, and best when cooked.
- rhizome is edible when cooked.



8

Wild Bergamot

- plant can be cooked as potherb or used in tea
- smells strongly of mint
- leaves can be dried and sprinkled on meat to repel insects. Crushed leaves sooth bee stings.
- grows in open plains, foothill and montane regions.



21

Hyssop

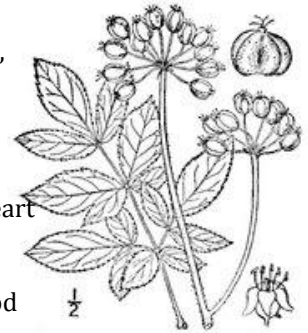
- purple conical flower at top
- leaves are edible raw, licorice taste
- tips of young shoots are edible raw.
- leaves and shoots are suitable as a potherb and seasoning agent, or used in tea or salads.



10

Sarsparilla

- rootstock used as a flavouring, used for making 'root beer'
- take only main root, leave secondary root to propagate
- wash and dry roots on racks
- bitter tea originally to treat heart pain, stomach upset, toothache and sore throats
- fruit is edible but not very good
- apply externally for infections



- not recommended while pregnant

19

Oxeye Daisy

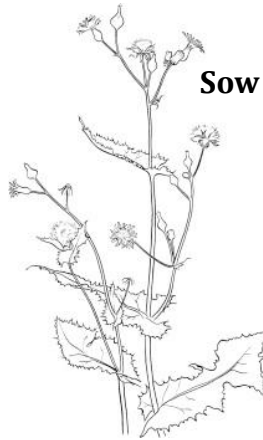
- (invasive species)
- young leaves can be eaten raw.
 - leaves have a strong taste.
 - spring shoots are edible raw.
 - roots are edible raw.
 - unopened flower buds can be used for flavouring.
 - grows in fields, pastured, disturbed areas and roadsides.



12

Sow Thistle

- young leaves are edible raw.
- young leaves are best after boiling in at least one change of water.



17

Plantain

- young leaves can be eaten raw.
- leaves are best finely chopped or when cooked with fibers removed.
- seeds can be dried and ground into flour/meal
- dried leaves can make a tea



14

Pineapple Weed

- flowerheads are edible raw, smell sweet like pineapple
- plants can be eaten raw, though bitter.
- plants can be powdered and sprinkled on meat to reduce spoilage and keep away flies.



15