

EDIBLE PLANTS OF RUSS PITMAN PARK

Mexican Plum (fruit)
Oak Trees (acorns) – *in small quantities only, and requires prep.*
Pecan Tree (nuts)
Greenbriar (chutes, roots)
Sassafras (roots, leaves) – *may be unhealthy in large amt.*
Sweetgum (sap)
Dandelion (leaves)
Wood Sorrel (leaves)
Loblolly Pine (nuts)
Red Mulberry (fruit)
Dewberry (fruit)
Pickrel Weed (seeds, root tuber) – *require prep.*
Duck Potato (root tuber) – *require prep, leaves mildly toxic*
Turk's Cap (flower, fruit)
Pepper Grass (seeds)
Texas Elderberry (berries) – *unripe berries and all other parts of plant TOXIC*
Mustang Grapes (fruit)
Trifoliate Orange (fruit) – *non native*
Clover (flowers) – *non native*
Spiderwort (flowers)
Wild Onion (bulbs, stems, leaves) – *similar relatives can be deadly TOXIC*
Violets (flowers)
Loquats (fruit) – *non native*
Broomsedge (leaves, stems) – *requires preparation*
Asian Dayflower (flowers) – *non native*
Nut Sedges (seeds, root tuber)
TX Mtn, Laurel (flowers) – *requires prep, all other parts TOXIC*
Redbud (flowers) – *requires prep.*
Sunflower (seeds)
Red Maple (sap)
Wax Myrtle (leaves) – *spice, not eaten directly*
Box Elder (sap)
Henbit (leaves)
Hackberry (berries)
Green Plantain (fruit)

NOTES:

- * Some of these plants are considered edible, yet not palatable. They are not eaten often.
- * Some edible plants are only edible seasonally, and can be mildly to deadly toxic out of season.
- * Many edible plants (like most in the Pea Family) may have 1 edible part, while the rest of or another part of the plant may be quite toxic.
- * Edible plants often take little to extensive preparation to become edible by humans.

* Edible plants often have sympatric species (species that live in the same area) that greatly resemble them, yet are quite toxic.

* I have included plants on this list which are either native or naturalized species (introduced non native species that grow unassisted in the wild).

* I have not included any edible plants, native nor non native, that have been planted and maintained in gardens with in the park.