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)
Dandilion (leaves)
Wood Sorrel (leaves)
Loblolly Pine (nuts)
Red Mulberry (fruit)
Dewberry (fruit)
Pickerel 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.