



## Edible Landscape Plants

COMMON NAME	EDIBLE PARTS	USE	RIPE SEASON
Artichoke	Flower Bud	Cooked, Steamed	Spring
Autumn Sage	Leaves	Fresh, Dried	All Year
Banana Yucca	Fruit	Fresh, Cooked, Dried	Spring, Early Summer
Barbados Cherry	Fruit	Fresh, Cooked	Summer, Fall
Basil	Leaves	Fresh, Dried	All Year
Basil (African)	Leaves	Fresh, Dried	All Year
Calendula	Petals	Fresh, Dried	Winter, Spring
Chuparosa	Flowers	Fresh	Winter, Spring
Date Palm	Fruit	Fresh, Dried	Early Fall
Desert Hackberry	Fruit	Fresh, Cooked, Dried	Summer
Devil's Claw	Young Pods, Seeds	Cooked, Seeds (Fresh)	Summer, Fall
Fava Beans	Seeds, Young Leaves	Fresh, Cooked, Dried	Spring
Fig	Fruit	Fresh, Dried	Summer, Fall
Indian Fig Prickly Pear	Fruit, Young Pads	Fresh, Pads (Cooked)	Summer
Jojoba	Fruit	Fresh, Roasted	Summer
French Lavender	Leaves	Fresh, Dried	Summer, Fall
Ironwood	Seeds	Toasted	Summer
Lemon Grass	Leaves	Fresh, Cooked, Dried	Fall
Mexican Oregano	Leaves	Fresh, Dried	All Year
Velvet Mesquite	Pods	Fresh, Dried	Summer
Mexican Tarragon	Flowers, Leaves	Fresh, Dried	Summer, Fall
Mormon Tea	Stems	Fresh, Dried (tea)	Spring, Summer
Mustard Greens	Leaves	Fresh	Winter, Spring
Nasturtium	Flowers, Leaves	Fresh	Late Winter, Spring
Ocotillo	Buds, Flowers, Seeds	Fresh, Dried	Mid-Spring, Early Summer
Okra	Fruit	Fresh, Cooked	Summer, Early Fall
Olive	Fruit	Marinated	Fall, Winter
Orange, Grapefruit, etc.	Fruit	Fresh	Winter, Spring
Pansy	Flowers	Fresh, Dried	Winter, Spring
Palo Verde (blue)	Young Pods	Fresh, Dried	Mid-Spring
Palo Verde (foothills)	Young Pods	Fresh, Dried	Late Spring
Pineapple Guava	Flowers, Fruit	Fresh, Jellied	Fall
Pomegranate	Fruit	Fresh, Jellied	Fall, Winter
Pumpkin	Flesh, Seeds	Fresh, Cooked	Fall
Purslane	Leaves, Young Stems	Fresh, Sauted	Summer
Red Yucca	Flowers	Fresh	Summer
Rogers Red Grape	Fruit	Fresh, Jellied	Fall
Rosemary	Leaves	Fresh, Dried	All Year
Saguaro	Fruit	Fresh, Jellied	Summer
Sunflower	Seeds	Dried	Summer, Fall
Society Garlic	Leaves, Flowers	Fresh, Cooked	Summer
Sweet Bay	Leaves	Fresh, Dried	Late Spring, Early Summer
Thyme (Conehead)	Leaves	Fresh, Dried	All Year
Wolfberry	Fruit	Fresh, Jellied	Summer
Yucca	Flowers	Fresh	Spring, Summer