

Edible Wild Plants in Eastern Kansas

Made for *Prairiewood & UFM* in collaboration with *Sue Maes & Terry Olson*

Prairiewood Open Trail Days are Sundays 4-8pm

1484 Wildcat Creek Rd. Manhattan, KS 66503

Best Harvested in March - May



Lamb's Quarter
Edible: Young Leaves



Wavy-leaf Thistle*
Edible: Young Leaves



Chickweed*
Edible: Leaves



Cleavers*
Edible: Leaves



Curly Dock*
Edible: Young Leaves



Dandelion*
Edible: Leaves, flowers



Garlic Mustard*
Edible: Leaves



Plantain*
Edible: Young Leaves



Prairie Spiderwort*
Edible: Young Shoots



Wild Violet*
Edible: Flowers



Watercress*
Edible: Young Leaves



Prairie Parsley*
Edible: Flowers, leaves



Antelope Horn
Edible: Early pods



Wood Sorrel*
Edible: Flowers

Best Harvested in June



Wild Strawberry*
Edible: Fruit



Juniper/Red Cedar
Edible: Berries



New Jersey Tea
Edible: Leaves for tea



Wild Onion
Edible: Leaves, flowers, bulbs



Ground Plum
Edible: Fruit



Wild Camomile
Edible: Flowers for tea



Mullein
Edible: Leaves, flowers for tea. Medicinal treatment for wounds



Echinacea*
Edible: Leaves, flowers for tea



Bee Balm/Bergamot*
Edible: Leaves, flowers for tea



Gooseberry*
Edible: Fruit



Joe Pye Weed*
Edible: Leaves, flowers for tea



Mulberry*
Edible: Fruit



Prickly Pear Cactus*
Edible: Fruit, pads



Red Clover*
Edible: Flowers



Breadroot Scurf Pea*
Edible: Roots

Best Harvested in July - September



Prairie Rose
Edible: Rosehips for tea



Wild Plum
Edible: Fruit



Sumac
Edible: Seeds for tea



Wild Blackberry*
Edible: Fruit



Burdock*
Edible: Leaves



Elderberry*
Edible: Fruit



Hackberry*
Edible: Fruit



Jerusalem Artichoke*
Edible: Roots



Paw Paw*
Edible: Fruit



Wild Raspberry*
Edible: Fruit



Wild Grape*
Edible: Fruit