



Edible and Medicinal Species

Many of Montana's native plants have a rich history of possessing edible and medicinal qualities. While this list is a handy guide to assist you in expanding your native landscape, we do not encourage digging native plants from the

wild. By providing this guide, we are not endorsing the edible and medicinal qualities of each species but rather providing a launching point for traditional uses of the plants listed below.

EDIBLE FORBS & GROUNDCOVERS

Horsemint	<i>Agastache urticifolia</i>
Orange Agoseris	<i>Agoseris aurantiaca</i>
Nodding Onion	<i>Allium cernuum</i>
Wild Chives	<i>Allium schoenoprasum</i>
Pearly Everlasting	<i>Anaphalis margaritacea</i>
Arrowleaf Balsamroot	<i>Balsamorhiza sagittata</i>
Oregon Grape	<i>Berberis repens</i>
Fireweed	<i>Chamerion angustifolium</i>
ALL Strawberry Species	<i>Fragaria spp.</i>
Northern Bedstraw	<i>Galium boreale</i>
Bitterroot	<i>Lewisia rediviva</i>
Wild Blue Flax	<i>Linum lewisii</i>
Wild Mint	<i>Mentha arvensis</i>
Yellow Monkeyflower	<i>Mimulus guttatus</i>
Red Monkeyflower	<i>Mimulus lewisii</i>
Beebalm	<i>Monarda fistulosa</i>
Yellow Evening Primrose	<i>Oenothera villosa</i>
Prickly Pear Cactus	<i>Opuntia fragilis</i>
Self-heal	<i>Prunella vulgaris</i>
Stonecrop	<i>Sedum stenopetalum</i>
Goldenrod	<i>Solidago canadensis</i>
Stinging Nettle	<i>Urtica dioica</i>

*Possesses potentially toxic constituents; research these species prior to ingesting.

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EDIBLE SHRUBS

Serviceberry	<i>Amelanchier alnifolia</i>
Black Hawthorn	<i>Crataegus douglasii</i>
Western Sand Cherry*	<i>Prunus besseyi var. pumila</i>
Chokecherry*	<i>Prunus virginiana</i>
Three-leaved Sumac	<i>Rhus trilobata</i>
ALL Currant Species	<i>Ribes spp.</i>
Nootka Rose	<i>Rosa nutkana</i>
Woods Rose	<i>Rosa woodsii</i>
Red Raspberry	<i>Rubus idaeus</i>
Thimbleberry	<i>Rubus parviflorus</i>
Blue Elderberry*	<i>Sambucus cerulea</i>
Buffaloberry	<i>Shepherdia canadensis</i>
Mountain Huckleberry	<i>Vaccinium membranaceum</i>

MEDICINAL SHRUBS

Serviceberry	<i>Amelanchier alnifolia</i>
White Sage	<i>Artemisia ludoviciana</i>
Red-stemmed Buckbrush	<i>Ceanothus sanguineus</i>
Black Hawthorn	<i>Crataegus douglasii</i>
Rubber Rabbitbrush	<i>Ericameria nauseosa</i>
Oceanspray	<i>Holodiscus discolor</i>
Mock-orange	<i>Philadelphus lewisii</i>
Chokecherry*	<i>Prunus virginiana</i>
Three-leaved Sumac	<i>Rhus trilobata</i>
Red Raspberry	<i>Rubus idaeus</i>
ALL Willow Species	<i>Salix spp.</i>
Blue Elderberry*	<i>Sambucus cerulea</i>
Black Elderberry*	<i>Sambucus racemosa</i>

MEDICINAL FORBS & GROUNDCOVERS

Yarrow	<i>Achillea millefolium</i>
Pearly Everlasting	<i>Anaphalis margaritacea</i>
Rosy Pussytoes	<i>Antennaria rosea</i>
Kinnikinnick	<i>Arctostaphylos uva-ursi</i>
Heart-leaf Arnica	<i>Arnica cordifolia</i>
Showy Milkweed	<i>Asclepias speciosa</i>
Arrowleaf Balsamroot	<i>Balsamorhiza sagittata</i>
Oregon Grape	<i>Berberis repens</i>
Purple Coneflower	<i>Echinacea angustifolia</i>
Northern Bedstraw	<i>Galium boreale</i>
Large-leaved Avens	<i>Geum macrophyllum</i>
Prairie Smoke	<i>Geum triflorum</i>
Alumroot	<i>Heuchera cylindrica</i>
Horizontal Juniper	<i>Juniperus horizontalis</i>
Dotted Blazing Star	<i>Liatris spicata</i>
Beebalm	<i>Monarda fistulosa</i>
Mountain Lover	<i>Paxistima myrsinites</i>
Self-heal	<i>Prunella vulgaris</i>
Black-eyed Susan	<i>Rudbeckia hirta</i>
Skullcap	<i>Scutellaria lateriflora</i>
Canada Goldenrod	<i>Solidago canadensis</i>

TREES

Paper Birch	<i>Betula papyrifera</i>
Rocky Mountain Juniper	<i>Juniperus scopulorum</i>
Western Larch	<i>Larix occidentalis</i>
Engelmann Spruce	<i>Picea engelmannii</i>
Ponderosa Pine	<i>Pinus ponderosa</i>
Black Cottonwood	<i>Populus trichocarpa</i>
Douglas Fir	<i>Pseudotsuga menziesii</i>
Bur Oak	<i>Quercus macrocarpa</i>
Western Red Cedar	<i>Thuja plicata</i>
Western Hemlock	<i>Tsuga heterophylla</i>

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