



# 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. CNP acknowledges the tribal land (including Salish & Kootenai) our business operates on and the importance that many of these species hold in their livelihood and traditions.

## EDIBLE FORBS & GROUNDCOVERS

Horsemint  
 Orange Agoseris  
 Nodding Onion  
 Wild Chives  
 Pearly Everlasting  
 Arrowleaf Balsamroot  
 Oregon Grape  
 Fireweed  
 ALL Strawberry Species  
 Northern Bedstraw  
 Bitterroot  
 Wild Blue Flax  
 Nineleaf Lomatium  
 Wild Mint  
 Yellow Monkeyflower  
 Red Monkeyflower  
 Beebalm  
 Yellow Evening Primrose  
 Self-heal  
 Stonecrop  
 Goldenrod  
 Stinging Nettle  
 Blue Violet

*Agastache urticifolia*  
*Agoseris aurantiaca*  
*Allium cernuum*  
*Allium schoenoprasum*  
*Anaphalis margaritacea*  
*Balsamorhiza sagittata*  
*Berberis repens*  
*Chamerion angustifolium*  
*Fragaria spp.*  
*Galium boreale*  
*Lewisia rediviva*  
*Linum lewisii*  
*Lomatium triternatum*  
*Mentha arvensis*  
*Mimulus guttatus*  
*Mimulus lewisii*  
*Monarda fistulosa*  
*Oenothera villosa*  
*Prunella vulgaris*  
*Sedum stenopetalum*  
*Solidago canadensis*  
*Urtica dioica*  
*Viola adunca*

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



EDIBLE SHRUBS

|                      |  |
|----------------------|--|
| Serviceberry         | <i>Amelanchier alnifolia</i>             |
| Black Hawthorn       | <i>Crataegus douglasii</i>               |
| Western Sand Cherry* | <i>Prunus besseyi</i> var. <i>pumila</i> |
| Chokecherry*         | <i>Prunus virginiana</i>                 |
| Three-leaved Sumac   | <i>Rhus trilobata</i>                    |
| ALL Currant Species  | <i>Ribes</i> spp.                        |
| 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>             |

MEDICINAL SHRUBS

|                    |                              |
|--------------------|------------------------------|
| Serviceberry       | <i>Amelanchier alnifolia</i> |
| White Sage         | <i>Artemisia ludoviciana</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</i> spp.            |
| Blue Elderberry*   | <i>Sambucus cerulea</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>       |
| 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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