

Appendix 3. Edible Plants of the Stikine River Area.  
(listed in order of taxonomic classification)

Common Name	Scientific Name	Habitat	Part Used	Availability	Reference
Black tree lichen	<u>Alectoria fremontii</u>	on conif. trees	entire	anytime	T2-35
Honey mushroom	<u>Armillaria mellea</u>	forest floor	entire	early fall	T2-40
Chanterelle	<u>Cantharellus cibarius</u>	conif. forest	entire	early fall	T2-42
Shaggy manes	<u>Coprinus comatus</u>	open forest	entire	spring	T2-44
Polypor fungus	<u>Polyporus sulphureus</u>	on conif./decid. trees	entire	fall	T2-47
Horestails	<u>Equisetum arvense</u>	damp areas	young shoots	early spring	T1-42
Lady fern	<u>Athyrium filix-femina</u>	damp forest	young shoots rhizome	early spring fall	T1-44
Wood fern	<u>Dryopteris austriaca</u> <u>D. dilatata</u>	damp forest	rhizome	fall	T1-46
Licorice fern	<u>Polypodium glycyrrhiza</u> <u>P. vulgare</u>	damp forest	rhizome	fall	T1-51
Bracken fern	<u>Pteridium aquilinum</u>	open forest	young shoots rhizome	spring fall	T1-56 T2-48
Onion	<u>Allium schoenoposum</u>	grassy slopes	bulb/leaves	spring	T2-69/ H307
Rice root	<u>Fritillaria</u> <u>camschatcensis</u>	meadows	bulblets	spring	T2-84/ H308
Solomon's seal	<u>Smilacina stellata</u>	meadows	young shoots berries	spring fall	T2-90/ Cr28
Twisted stalk	<u>Streptopus amplexifolius</u>	moist woods	young shoots berries	spring fall	H311 Cr29
Fairy slippers	<u>Calypso bulbosa</u>	moist woods	bulbs	spring	T1-99
Poplars	<u>Populus tremuloides</u> <u>P. trichocarpa</u> <u>P. balsamifera</u>	stream and river valleys	cambium	spring	T2-204

## Appendix 3 (continued).

Common Name	Scientific Name	Habitat	Part Used	Availability	Reference
Nettles	<u>Urtica gracilis</u>	stream banks	leaves/buds	early spring	H370
Toadflax	<u>Geocaulon lividum</u>	open woods/ decid.	fruit	early fall	H373
Junipers	<u>Juniperus communis</u> <u>J. scopularum</u>	dry slopes	berries	anytime	T2-51
Pine	<u>Pinus contorta</u>	well drained soil	cambium	spring	T2-57
Cattail	<u>Typha latifolia</u>	marshes	shoots rhizome	early spring	T2-93 H66
Burreed	<u>Sparganium angustifolium</u>	marshes	tubers/stem bases	early spring	Cr2
Arrow grass	<u>Triglochim maritimum</u>	meadows/marshes	leaf bases seeds	spring fall	T1-72 Cr4
Black Current	<u>Ribes hudsonianum</u>	open woods	berries	summer	T2-163
Mt. Ash	<u>Sorbus scopulina</u>	open woods to subalpine	berries	late summer	T2-209
Saskatoon berry	<u>Amelanchier alnifolia</u>	woods to open slopes	berries	summer	T2-180/ H599
Raspberries	<u>Rubus pedatus</u> <u>R. chamaemorus</u> <u>R. arcticus</u> <u>R. idaeus</u>	damp forest bogs/muskeg wet meadows open woods	berries berries berries berries	summer summer summer summer	T2-197- 200/ H601-604
Thimbleberry	<u>Rubus parviflorus</u>	open woods	berries	late summer	T2-203
Strawberry	<u>Fragraria virginiana</u>	clearings	berries	summer	T2-185
Chokecherries	<u>Prunus virginiana</u>	open woods	berries	early fall	T2-191
Silverweed	<u>Potentilla anserina</u>	marsh/wet meadows	roots	early fall	T2-187
Wild rose	<u>Rosa acicularia</u> <u>R. nutkana</u> <u>R. woodsii</u>	open woods open woods open woods	fruit fruit fruit	fall fall fall	T2-194

## Appendix 3 (continued).

Common Name	Scientific Name	Habitat	Part Used	Availability	Reference
Lupine	<u>Lupinus arcticus</u>	dry slopes	roots if cooked	early spring	T1-162
Milk Vetch	<u>Astragalus alpinus</u>	open slopes	roots of some species edible	early spring	H-647-649 Cr97
Arrowhead	<u>Sagittaria cuneata</u>	marshes, lakes	tubers	fall	T1-68/Cr5
Skunk cabbage	<u>Lysichitum americanum</u>	marshes	roots	early spring	T2-65/ Cr11
Bullrush	<u>Scirpus microcarpus</u> <u>S. validus</u>	marshes/swamps	shoots	early spring	T2-68/ Cr10
Dock	<u>Rumex arcticus</u> <u>R. occidentalis</u>	wet places	young leaves	early spring	H379-80 T1-189
Mr. Sorrel	<u>Oxyria digyna</u>	wet mt. slopes	young leaves	early spring	H383/Cr41
Bistort	<u>Polygonum viviparum</u>	dry meadows	rhizome	early spring	H385/Cr42
Strawberry blite	<u>Chenopodium capitatum</u>	open areas	young leaves	early spring	H393
Spring beauty	<u>Claytonia sp.</u>	damp woods	corns/leaves	early spring	T2-172/ Cr45
Pond lily	<u>Nuphar polysepalum</u>	ponds/lakes	rhizomes	spring	H450
Rockcress	<u>Arabis lyrata</u>	moist slopes	young leaves	early spring	H545
Saxifrage	<u>Saxifraga punctata</u>	mt. stream banks	leaves	summer	H574
Gooseberries	<u>Ribes lacustre</u> <u>R. triste</u>	open woods	berries	summer	T2-164 -66
Crazyweed	<u>Oxytropis maydelliana</u> <u>O. campestris</u>	dry slopes/tundra sandy soil	roots	fall/early spring	H656 N8-9
Sweet vetch	<u>Hedysarum alpinum</u>	spruce forests open slopes	roots	early spring	H668

## Appendix 3 (continued).

Common Name	Scientific Name	Habitat	Part Used	Availability	Reference
Giant vetch	<u>Vicia gigantea</u> <u>V. americana</u>	meadows/open woods	seeds	late summer	T1-167 Cr105
Soapberry	<u>Shepherdia canadensis</u>	open woods	berries	summer	H684
Silverberry	<u>Elaeagnus commutata</u>	dry slopes	berries	summer	H684
Fireweed	<u>Epilobium angustifolium</u> <u>E. latifolium</u>	meadows/forest stream banks	stems/ leaves/roots	early spring	H686 T2-170
Sweet cicily	<u>Osmorhiza depauperata</u>	shaded woods	roots	early spring	T2-109
Water parsnip	<u>Sium suave</u>	marshes/lakes	roots	spring	T2-113
Wild rhubarb	<u>Heracleum lanatum</u>	woods/meadows	stems/roots	spring	T2-95/ H707
Dogwood	<u>Cornus stolonifera</u>	stream banks	berries	early fall	T2-137
Bunchberry	<u>Cornus canadensis</u>	spruce forest	berries	early fall	T1-129
Crowberry	<u>Empetrum nigrum</u>	heaths/bogs	berries	fall/winter	T2-141 H716
Labrador tea	<u>Ledum palustre</u> <u>L. groenlandicum</u>	bogs/wet meadows	leaves	fall/winter	T2-145
Bearberry	<u>Arcostaphylos uva-ursi</u>	dry slopes	berries	fall/winter	T2-143
Blueberries	<u>Vaccinium caespitosum</u> <u>V. membranaceum</u> <u>V. alaskensis</u> <u>V. uliginosum</u>	alpine meadows woods woods heaths/bogs	berries berries berries berries	early fall early fall early fall early fall	T2-147- 149 H732-734 H732-734
Bog cranberry	<u>Vaccinium vitis-idaea</u> <u>V. oycoccus</u>	muskeg/peat bogs muskeg/peat bogs	berries berries	fall fall	T2-159/ H731
Red huckleberry	<u>Vaccinium parvifolium</u>	conif. forest	berries	early fall	T1-156/ H733
Wild mint	<u>Mentha arvensis</u>	springs/stream banks	leaves	summer	T2-214/ Cr160

## Appendix 3 (continued).

Common Name	Scientific Name	Habitat	Part Used	Availability	Reference
Monkey flower	<u>Mimulus guttatus</u>	springs/stream banks	leaves	spring	Cr170
Elephanthead	<u>Pedicularis sudetica</u> <u>P. langsdorffii</u>	meadows/rock slopes	roots/young shoots	early spring	H822-23 N8-9
Elderberry	<u>Sambucus racemosa</u>	open forest	berries	late summer	T1-125.
High bush cranberry	<u>Viburnun edule</u>	damp woods	berries	fall	T2-135 H842
Yarrow	<u>Achillea millefolium</u> <u>A. borealis</u>	meadows/slopes	leaves/ flowers	summer/fall	Cr185
Mugwort	<u>Artemisia telesii</u>	stream banks	leaves	summer	A-P
Sweet coltsfoot	<u>Petasites frigidus</u> <u>P. hyperboreus</u> <u>P. sagittatus</u> <u>P. palmatus</u>	wet meadows/woods wet meadows/woods wet meadows/woods wet meadows/woods	roots roots leaves leaves	spring spring spring spring	H913 A-P
Wild thistle	<u>Cirsium folisum</u>	meadows	roots	fall	T2-119

References:

T1 Turner 1975

T2 Turner 1978

H Hulten 1968

Cr Craighead et al. 1963

N Nickerson et al. 1973

A-P Albright coll. verified by J. Pindermoss, U.B.C. Herbarium