

DESERT EDIBLE BOOKS & PLANTS

Books -

1. Wild Foods of the Desert by Darcy Williamson (cookbook & plant info)
2. Wild Foods of the Sonoran Desert by Arizona–Sonora Desert Museum
3. How Indians Used Desert Plants by James W. Cornett
4. Carefree**Cave Creek Foothills: Life in the Sonoran Sun* by local residents & published by Foothills Community Foundation – chapter – The Food – not an easily available book

List of some (not all) Edible Desert Plants - & my books they are in, plus websites:

Website w/list of some desert edible plants: [SJ CHA Wild Foods Log](http://www.saguaro-juniper.com/events/community_garden/sj_cha_wildfoods.htm)
http://www.saguaro-juniper.com/events/community_garden/sj_cha_wildfoods.htm

Agave (1, 2) (leaves, flower stalks, blossoms & seeds, 3) (raw it is poisonous-4)

Barrel Cactus buds & flowers (1, 3, 4)

Beavertail Cactus (3)

Cholla Buds (1, 4)

**Chuparosa Flowers* (can't find the book this was in, but it's on the web at

<http://www.azcentral.com/style/hfe/outdoors/articles/2007/02/10/20070210irish0210.htm>

1)

Creosote (3, 4)

Desert Hackberry (1, 4)

Jojoba Nuts (1, 2, 3, 4)

***Mesquite Beans** (1, 2, 3, 4)

***Mormon Tea** (3, 4)

Ocotillo blossoms & roots (1, 3, 4)

Organ Pipe Cactus Fruit (3)

*Palo Verde pods (2) Soak beans or pods, take out peas & boil them

Pinyon Pine Nuts (1,

***Prickly Pear fruits** and Pads (nopales) (1, 2, 4)

Sagebrush

***Saguaro Fruit** (1, 2, 3, 4)

*Sunflower seeds (2)

Tepary Beans (a farmed product, 2)

*Wolfberry (2, 4)

Yucca (1, 3, 4)