California Native Foods

Fruits and Vegetables
- tarweed
- wild grapes
- cacti
- cherries
- wild plums
- wild strawberries
- wild raspberries
- wild blackberries
- wild apricots
- thimbleberries
- sourberry
- Manzanita
- California fan palm
- prickly pear cactus
- elderberry
- huckleberry
- wild onion
- agave
- yucca
- Dandelion
- wild celery
- clover
- cattail
- milkweed
- Indian rhubarb
- Watercress
- water parsley
- bracken fern

Proteins
- walnut (fat, protein)
- hazelnut (fat, protein)
- buckeye (fat, protein)
- acorn (fat, protein)
- pine nut (fat, protein)
- deer
- elk
- antelope
- abalone
- mountain sheep
- quail
- Grasshoppers
- salmon
- mussels seaweeds
- clams
- scallops
- trout
- sturgeon

Grains and Starches
- brome grass (carb, whole wheat)
- oats (carb, whole wheat)
- ricegrass (carb, whole wheat)
- chia seeds
- Buckwheat
- Bear-grass
- Yampah
- Wild Indian potatoes