

# California Native Foods

## Fruits and Vegetables

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

## Proteins

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