



Texas Native Fruiting Plants for You to Enjoy!



Texas Native Fruiting Plants

- Turk's Cap (flowers & fruit eaten raw, used in tea, or jam)
- Mulberry (berries eaten raw or in jam)
- Flameleaf Sumac (berries used as seasoning or in tea)
- Muscadine Grapes (fruit eaten raw, cooked, made into jam or wine)
- American Beautyberry (berries eaten raw or in jam)
- Mayhaw (flowers & berries can be eaten or infused)
- Elderberry (flowers & berries can be eaten or infused)
- Eastern Red Cedar (berries can be used as seasoning or infusions)
- Prickly Pear (enjoy ripe fruit raw or cook paddles)
- Paw Paw (fruit can be eaten raw)
- Chile Pequin / Petin (peppers raw, roasted, or dried)
- Barbados Cherry (flowers & berries raw, tea, jam, and wine)
- Maypop Passionvine (ripe fruit raw, juice, jam, tea with flowers)
- Common Persimmon (fruit can be eaten raw or as jam)



Texas Native Herbs

- Purple Coneflower (flower petals and leaves for tea)
- Texas Star Hibiscus (flowers used for tea)
- Wax Myrtle (leaves used like Bay Laurel)
- Inland Sea Oats (seedheads can be cooked or ground into flour)
- Redbud (flowers and seed pods can be cooked)
- Mexican Oregano (create a seasoning with leaves)
- Yaupon Holly (dry leaves and use for caffeinated tea)
- Narrowleaf Mountain Mint (leaves & flowers as seasoning or tea)
- Lemon Bee Balm (leaves & flowers as seasoning or tea)
- Red Bay (leaf used like Bay Laurel)



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