



Growing Edible Arizona Forests, An Illustrated Guide

Excerpt from *leafnetworkaz.org*

Edible Tree Guide

HARVEST the Abundance

- Recipes

Recipes

There are many recipes for the fruits, nuts, seeds and pods of edible trees and edible understory plants.

Desert Harvesters is an Arizona-based nonprofit organization that promotes and assists in the planting, harvesting and processing of wild, native foods—such as mesquite pods, and the seeds and blossoms of desert ironwood and palo verde trees, plus many more native species.

Resources are available at ***desertharvesters.org***, including information on *Eat Mesquite and More*, their extensive native plant cookbook.

Carolyn Neithammer has compiled traditional Native American recipes for native fruits, nuts, seeds and pods. See information at ***cniethammer.com***



Spicy Seville Orange Vinegar

Links to several recipes are provided below:

Calamondin Chicken

leafnetworkaz.org/resources/RECIPES/Calamondin%20Chicken.pdf

Calamondin-Prickly Pear Punch

leafnetworkaz.org/resources/RECIPES/Calamondin-Prickly%20Pear%20Punch%20Recipe.pdf

Spicy Seville Orange Vinegar

leafnetworkaz.org/resources/RECIPES/SPICY%20SEVILLE%20ORANGE%20VINEGAR.pdf

Seville Oranges and Pine nuts in ISKASHITAA-IRAQI DOLMAS

leafnetworkaz.org/resources/RECIPES/Seville%20Oranges%20-%20Pine%20nuts%20in%20ISKASHITAA-IRAQI%20DOLMAS%20-%20Recipe.pdf

Prickly Pear & Date Natural Candy

leafnetworkaz.org/resources/RECIPES/Prickly%20Pear%20and%20Date%20Natural%20Candy%20Recipe.pdf