

Teaching students how to think, not what to think, about the environment.

In the Pass the Plants lesson, students look at the different plant parts that we eat. There are many plants found in Texas that native Americans once ate.

Plant	Plant Part Eaten
Acacia	Meal made from ground seeds
Agarita	Red berries made into jellies and wine
Agave	The bulb in the center of the leaves is eaten as a vegetable
Bluewood	Jelly made from fruit
Dewberry	Berries eaten and made into juice or jam
Drummond	Edible fruit
Gum bumelia	Fruit eaten and made into jelly
Hackberry	Edible fruit
Live oak	Acorn is ground into flour and used as cooking oil
Mesquite	Mesquitamal – a flour made from the mesquite bean
Mustang grape	Fruit eaten
Pecan	Nut used as food and in pemmican – a type of trail mix
Persimmon	Fruit eaten and used in jellies
Pinyon pine	Nuts eaten
Prickly pear	Flat leaves and fruit both were eaten
Sotol	Inner part eaten

Links

Texas Beyond History
Ethnobotany of the Lower
Pecos Canyons

www.texasbeyondhistory.net/ethnobot/index.html

San Antonio Botanical
Garden

<http://www.sabot.org/wp-content/uploads/Texas-Native-Trail-Ethnobotany.pdf>