

# MAPPING NATURE'S PANTRY

FORAGING BUTTE COUNTY'S  
SEASONAL BOUNTY



DISCOVER WILD  
& LOCAL HARVESTS  
BLACKBERRIES  
ORANGES  
POMEGRANATES  
PEACHES  
AND APPLES

## Forage For Your Health

Working alongside local communities, I am documenting fruit trees and edible plant foods throughout Butte County using the [fallingfruit.org](https://fallingfruit.org) website/app creating seasonal guides that help everyone access nature's free grocery store. All users can help to create the map through [fallingfruits.org](https://fallingfruits.org) or contact [northvalleywildfoods.com](https://northvalleywildfoods.com)

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## Health & Nutritional Benefits of Foraging

**Nutrition:** Wild fruits may have more vitamins and healthy nutrients than store-bought fruit.

**Eating in Season:** Fresh foods picked at the right time have more nutrition. A tomato picked in summer has more healthy nutrients such as lycopene because it stayed on the plant longer than tomatoes picked early for stores.

**Exercise:** Walking around and picking wild foods is great exercise. Foraging helps your balance and coordination too.

**Less Stress:** Spending time outside in nature helps you feel better and reduces stress

## Environmental & Ecological Benefits

**Learning About Nature:** Foraging teaches you about local plants, when they grow, and how to tell different plants apart.

**Save Money:** Free fruits, vegetables, and mushrooms from nature can cut your grocery bill. This is especially helpful since organic food costs a lot.

**Food Storage Skills:** When you forage, you learn how to save food for later by canning, drying, and fermenting it.

## Foraging Safety

- Be mindful of foraging laws in parks. · Always ask the owner before picking plants on private land
- Never eat a plant unless you are 100% sure what it is
- Learn the difference between safe plants and poisonous ones that look similar
- Only take what you need and leave plenty
- Use the 1/3 Rule: pick only 1/3 of a plant and leave the rest
- Don't pick sick or dying plants
- Stay away from plants near roads, pollution, or where chemicals are used
- Watch out for ticks, thorns, and poison oak
- Use foraging tools when necessary

## Foraging Tools

- Basket or Bucket, Bag ✓
- Knife ✓
- Tarp (optional) ✓
- Plant identification book or I Naturalist App for identifying edible foods ✓
- Shears and fruit picker pole ✓
- Ladder ✓
- Gloves ✓
- Mesh Filter for sorting harvest ✓

## Harvesting and Processing

- Jars and lids for canning and fermenting
- Dehydrator or can use drying racks in sun
- Zip Lock bags for freezing
- Food processor

# Falling Fruits.org & App



- Available in Multiple languages
- Access and search features
- Features: Zoom in/out, Google Map features

**Add a location**

**Edible plant ID**

**Description**

**Season, yield, ripeness**

**Access: public or private**

**falling fruit** Map the urban harvest! Try it

Home World About Data Activity Routes + Add location

**Types \***  
Choose from the dropdown list, submitting new types only if appropriate choices do not already exist.

**Position \***  
Determined from your current position (when available) or a marker you placed. Adjust by moving the map marker.

Lat, Lng

>> Move marker to coordinates

Address can be used to position the marker. Adjust it as needed before submitting.

>> Move marker to address

**Your name**  
Leave blank if you prefer to remain anonymous.

**Description**  
Location details, access issues, plant health ...

**Season**  
When can the source be harvested? Leave blank if you don't know.

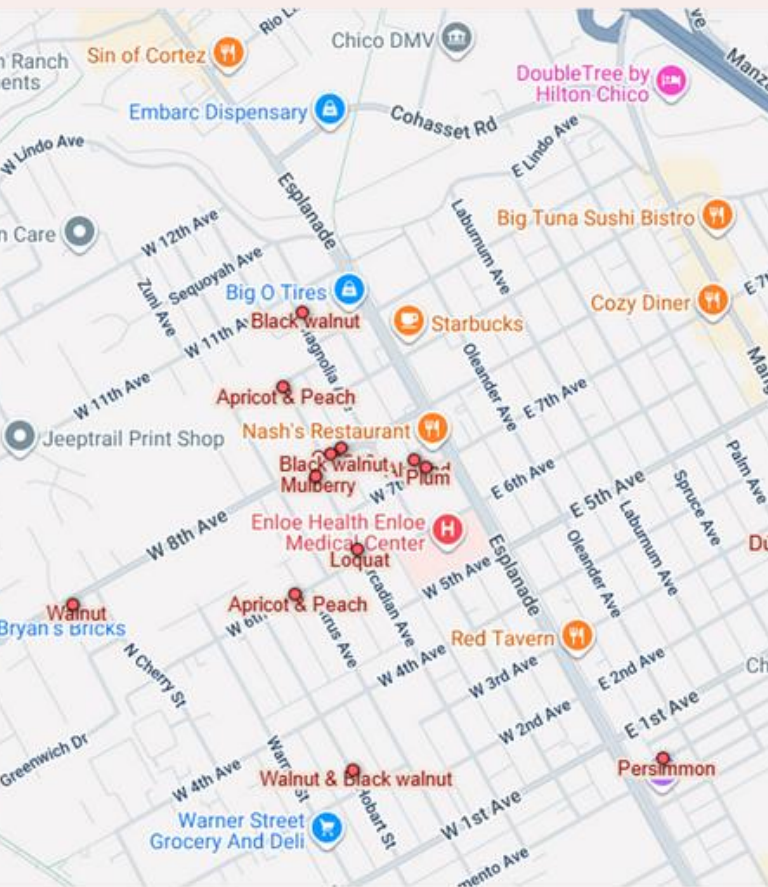
- , or ☐ No season

**Access**  
Access status of the source. Leave blank if you don't know.

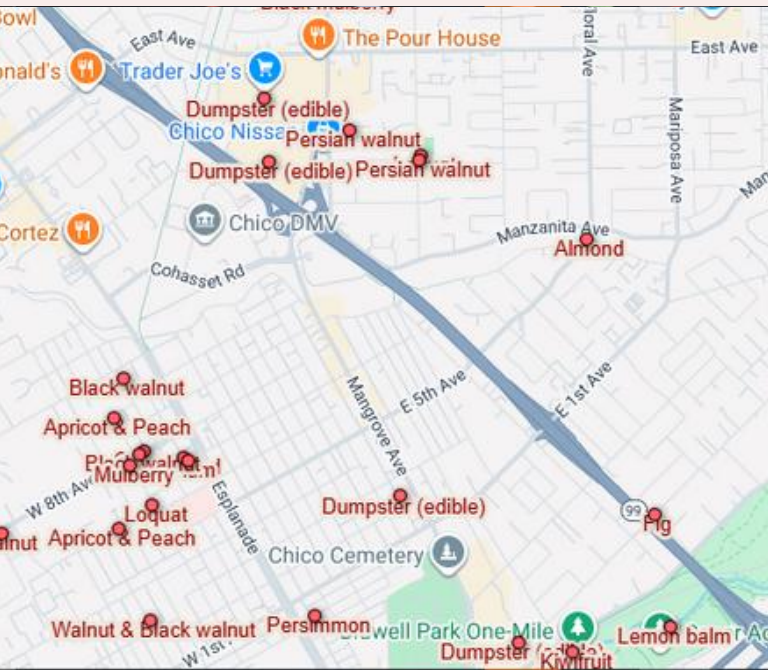




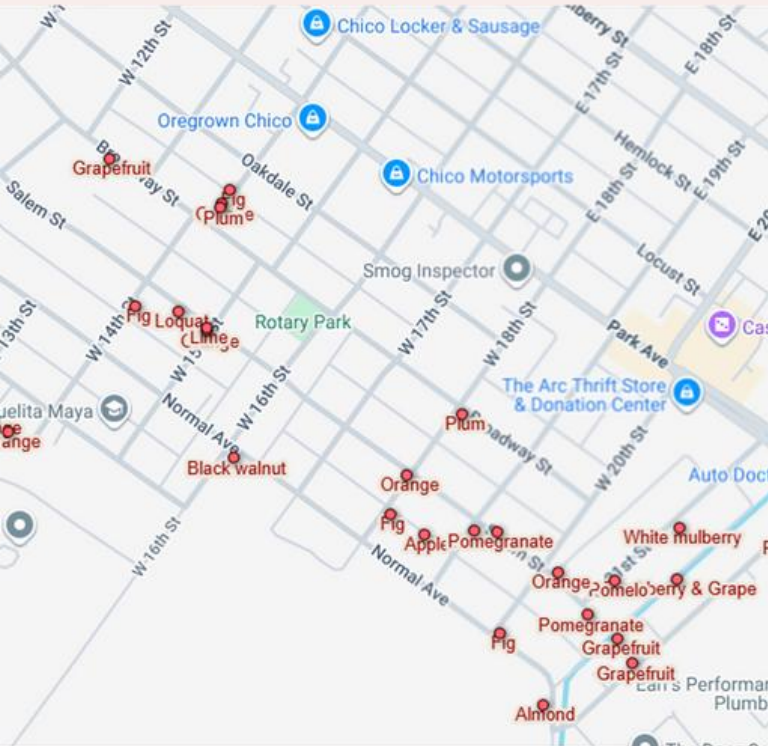
# NORTH WEST: CHICO, CA



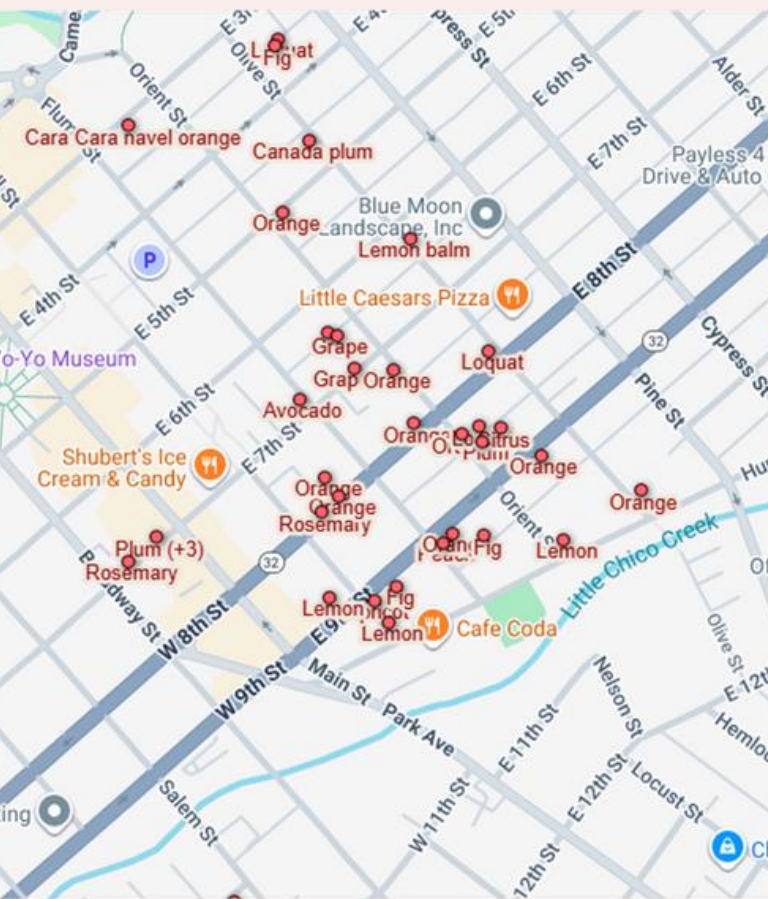
# NORTH EAST : CHICO, CA



# SOUTH WEST: CHICO, CA



## CENTRAL: CHICO, CA



# Seasonal Fruit Calendar



Locally Grown Fruits in Butte County, California

|              | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Apples       |     |     |     |     |     |     |     |     |     |     |     |     |
| Apricots     |     |     |     |     |     |     |     |     |     |     |     |     |
| Blackberries |     |     |     |     |     |     |     |     |     |     |     |     |
| Blueberries  |     |     |     |     |     |     |     |     |     |     |     |     |
| Cherries     |     |     |     |     |     |     |     |     |     |     |     |     |
| Grapes       |     |     |     |     |     |     |     |     |     |     |     |     |
| Kiwi         |     |     |     |     |     |     |     |     |     |     |     |     |
| Mandarins    |     |     |     |     |     |     |     |     |     |     |     |     |
| Melons       |     |     |     |     |     |     |     |     |     |     |     |     |
| Nectarines   |     |     |     |     |     |     |     |     |     |     |     |     |
| Oranges      |     |     |     |     |     |     |     |     |     |     |     |     |
| Peaches      |     |     |     |     |     |     |     |     |     |     |     |     |
| Persimmons   |     |     |     |     |     |     |     |     |     |     |     |     |
| Plums        |     |     |     |     |     |     |     |     |     |     |     |     |
| Pluots       |     |     |     |     |     |     |     |     |     |     |     |     |
| Pomegranates |     |     |     |     |     |     |     |     |     |     |     |     |
| Raspberries  |     |     |     |     |     |     |     |     |     |     |     |     |
| Strawberries |     |     |     |     |     |     |     |     |     |     |     |     |



# **Seasonal Cooking With Blackberries**



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Blackberry Nutrition: The dark purple color comes from something called anthocyanins, which work like antioxidants to protect your cells from damage.

Blackberries are also high in fiber.

## INGREDIENTS

- 3 cups fresh blackberries
- 1/4 cup honey or maple syrup
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch

## INSTRUCTIONS

1. Add blackberries to a medium saucepan.
2. Cook on low heat for 5 minutes until berries start to break down.
3. Add honey, lemon juice, and vanilla. Stir gently.
4. For thicker compote, mix cornstarch with 2 tablespoons water
5. Cook 5-10 more minutes until desired thickness.
6. Serve warm or cold.

## EQUIPMENT

SAUCE PAN  
MEASURING  
CUP  
TEASPOON  
TABLESPOON



## Blackberry Compote



6 servings



20 minutes

This simple blackberry compote transforms fresh berries into a versatile sauce that's great for spooning over pancakes, yogurt, ice cream, oatmeal or cheesecake. The sweetness of the blackberries is enhanced with a bit of honey and fresh lemon juice. Ready in just 20 minutes.

### NOTES

For a completely smooth consistency, strain out the seeds after cooking. The compote will become thicker as it cools, so avoid overcooking if you plan to serve it cold

Chia seeds can be added for extra fiber and Omega 3



## INGREDIENTS

- 3 cups fresh blackberries
- 1 cup water
- 1 cup sugar
- 1 tablespoons lemon juice
- Maple Syrup 3/4 cup or use
- Honey: 1/2 cup

## INSTRUCTIONS

1. Add blackberries with the sugar, lemon juice and water to a medium sauce pan over medium heat. Bring to the mixture to a boil, stirring occasionally. Boil for 2 minutes.
2. Remove from heat and allow to cool slightly before use. It should coat the back of a spoon and drip slowly.
3. Cool and store: Let cool completely before transferring to a clean glass jar or bottle. Store in refrigerator for up to 2 weeks.



## Blackberry Syrup



16 servings



30 minutes

This intensely flavored syrup is perfect for drizzling over pancakes, waffles, ice cream, or mixing into drinks for a burst of sweet-tart berry flavor.

**Notes:** Makes 2 cups total

Equipment:

-Sauce pan

-Mason Jar

## INGREDIENTS

- 1 cup fresh blackberries, pressed and strained (yields about 1/3 cup juice) or 3 tablespoons blackberry syrup
- 1/2 cup ketchup
- 1/4 cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon black pepper

## Equipment

- Sauce Pan
- Whisk
- Teaspoon
- Tablespoon

## INSTRUCTIONS

1. Mix blackberries source with 3 tablespoons warm water
2. In a small saucepan, combine all ingredients.
3. Whisk until smooth.
4. Simmer on low heat for 12-15 minutes for the fresh blackberry stirring occasionally.



## Blackberry BBQ Sauce



8-10 Servings



15 minutes

This versatile sauce shines as a glaze for grilled pork ribs, chicken thighs, or salmon during the last few minutes of cooking. It's equally delicious as a finishing sauce drizzled over pulled pork sandwiches, used as a dipping sauce for grilled vegetables, or even as an unexpected condiment for burgers and meatloaf. The blackberry flavor isn't overwhelming but adds a subtle fruit taste that elevates standard barbecue sauce.

NOTES: 1 SERVING (2 Tbs)

- SAUCE CAN BE THINNED WITH A LITTLE WATER OR APPLE JUICE IF TOO THICK
- THIS SAUCES PAIRS WELL WITH PORK RIBS, GRILLED CHICKEN, OR PULLED PORK

## INGREDIENTS

- 1/2 cup fresh blackberries
- 8-10 fresh mint leaves  
(plus sprigs for garnish)
- 2 tablespoons fresh lime juice
- 1 tablespoon honey or simple syrup
- 1/2 cup sparkling water or club soda
- Ice cubes
- Lime wheel for garnish



## Blackberry Mocktail



1 Servings



5 minutes

This Sparkling Blackberry Mint Mocktail combines the sweet berry flavor of fresh blackberries with mint and tart lime juice, creating a refreshing non-alcoholic drink. The muddling process releases the natural berry juices and mint oils, which mix perfectly with sparkling water.

1. In the bottom of your serving glass, gently muddle 1/2 cup blackberries and mint leaves until berries are broken down and mint is fragrant.
2. Add lime juice and honey, stirring well to combine.
3. Fill glass with ice cubes.
4. Top with sparkling water and gently stir to mix.
5. Strain mixture through fine mesh strainer into a clean glass if you prefer a smoother drink (optional)

## INSTRUCTIONS

**NOTE:** MAKE-AHEAD TIP: PREPARE BLACKBERRY MINT SYRUP BY MUDDLING BERRIES AND MINT WITH HONEY, THEN STRAIN. STORE IN REFRIGERATOR FOR UP TO 3 DAYS. ADD 1-3 TABLESPOONS SYRUP TO EACH GLASS WITH ICE AND SPARKLING WATER.

### EQUIPMENT NEEDED:

- MUDDLER OR WOODEN SPOON
- FINE MESH STRAINER
- TALL GLASS OR MASON JAR

## INGREDIENTS

- 2 ripe bananas that are frozen
- 1 teaspoon orange zest
- 1½ cups orange juice about 2-3 oranges if fresh squeezed
- 6-8 blackberries
- ¾ cup milk or unsweetened almond milk
- ¾ teaspoon pure vanilla extract
- 4-6 ice cubes

## INSTRUCTIONS

1. Freeze bananas overnight in ziploc bag.
2. Place the orange juice, frozen bananas, orange zest, almond milk or milk, vanilla extract, and ice in a blender and puree until smooth.
3. Pour into two glasses

## Equipment

1. Blender
2. Citrus zester or grater
3. Zip loc bag
4. Measuring cup
5. Measuring spoons: TBS, TSP
6. 2 glasses



## Blackberry Orange Julius



2 Servings



5 minutes

**This refreshing smoothie blends frozen ripe bananas, fresh orange juice, and a hint of orange zest. Blackberries add a seasonal element of color and antioxidants. Perfect for breakfast or post-workout recovery drink.**

### NOTE:

- ADD AGAVE SYRUP FOR ADDITIONAL SWEETNESS
- YOGURT CAN BE ADDED FOR THICKNESS
- LIME JUICE CAN ADD TARTNESS
- FREEZE BANANAS OVERNIGHT

## INGREDIENTS

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 ½ Tbs Sugar
- 1 cup ricotta+ ½ cup milk
- ½ teaspoon vanilla
- 2 lemons juiced
- 2 eggs beaten
- 1 tbs butter melted
- ½ cup blackberries mashed
- ¼ cup water
- 2 tsp corn starch
- Pinch of salt



## Ricotta Blackberry Pancakes



6 Pancakes



20 minutes

THESE PANCAKES COMBINE RICOTTA CHEESE WITH FRESH BLACKBERRIES FOR A TANGY AND SWEET BREAKFAST . THE RICOTTA CREATES A MOIST TEXTURE WHILE THE BLACKBERRIES ENHANCE COLOR THROUGHOUT EACH BITE. SERVE WARM WITH BLACKBERRY SYRUP OR MAPLE SYRUP.

## Instruction

- **S** a small mixing bowl add flour,baking powder, sugar, pinch of salt
- **I**n a large mixing bowl add ricotta, milk,lemon juice eggs, butter, vanilla. Mix in the small bowl dry ingredients. Fold in blackberries
- Use a pan with cooking oil or spray. Turn on griddle to medium high heat then add part of the mixture from the large bowl. Cook till golden brown on surface then flip

**EQUIPMENT:** SMALL AND LARGE MIXING BOWLS, PAN, MEASURING SPOONS

### TIPS:

- CUT THE BLACKBERRIES IN HALF TO DISTRIBUTE MORE EVENLY THROUGH THE PANCAKE

This material was created as part of a dietetic internship project. Please take the survey below after visiting the Falling Fruits map and my website @ northvalleywildfoods.com

Your feedback is appreciated,

Darren Davis



Falling Fruits Map: Chico, CA

<https://fallingfruit.org/?z=15&y=39.72598&x=-121.83946&m=true&t=roadmap&l=false&locale=en&c=forager,freegan>



Foraging Map Survey

<https://www.surveymonkey.com/r/9VVBV5C>