

# Prickly Pear Cactus

Besides being the favorite snack of many desert animals, the prickly pear cactus has been part of the diet of people of the Sonoran Desert for many centuries. When prepared correctly, the pad of the cactus can be eaten like a vegetable and flower petals can be added to salads and teas. When ripe, the pear can be eaten like a fruit. The fruit can also be made into candy and jelly.

Beware! It is called a prickly pear for a good reason. Leave picking and preparing the spiny cactus to expert cooks!

