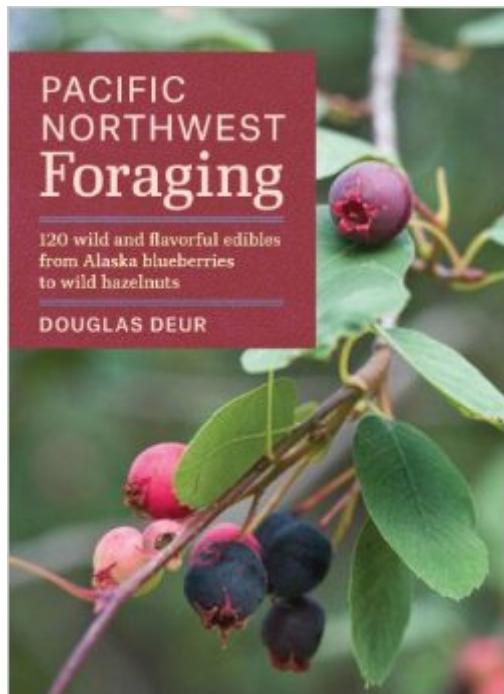


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# Pacific Northwest Foraging: 120 Wild And Flavorful Edibles From Alaska Blueberries To Wild Hazelnuts (Regional Foraging Series)



## Synopsis

The Pacific Northwest offers a veritable feast for foragers. The forests, meadows, streambanks, and even the weedy margins of neighborhoods are home to an abundance of delicious wild edible plants. Discover wild lilies with their peppery flowers, buds, and seeds and use them in your spring salads. Select sweet, succulent thistles or the shoots of invasive Himalayan blackberries and Japanese knotweed to add wonderful flavor to hearty soups.

## Book Information

Series: Regional Foraging Series

Paperback: 290 pages

Publisher: Timber Press (June 3, 2014)

Language: English

ISBN-10: 1604693525

ISBN-13: 978-1604693522

Product Dimensions: 6.6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (61 customer reviews)

Best Sellers Rank: #28,033 in Books (See Top 100 in Books) #21 inÂ Books > Science & Math > Nature & Ecology > Natural Resources #36 inÂ Books > Sports & Outdoors > Hiking & Camping > Excursion Guides #41 inÂ Books > Travel > United States > West > Pacific

## Customer Reviews

There are many many wild edibles identified in the book, and they are accompanied by clear colourful pictures. Advice as to how to identify, where and how to harvest, and how to prepare for eating is clear and simple. I took a few books out of the library to compare, but in my HO, this book is the best of all. Thanks, Douglas Deur.

This is just the book I was looking for! Beautiful, clear, full color photographs are present with each plant description. My kids and I found over 10 of these plants growing on our property. The author even includes ideas to repropagate the plants you like, as well as how to safely prepare them for eating. Buy it.

Normally I am one of those readers who skips the preface and introduction, wanting to get right to the heart of the matter. For some reason, I didnÃ¢Â™t follow my normal pattern with this book.

And am I glad! The preface and introduction to this book deftly paint a unique and important picture of the possibilities in the landscape of our beloved Pacific Northwest. They are the heart of the matter: full of biological and cultural information, history, and personal experience. More importantly, they are full of heart--not only because of the obvious passion of the author, but because they provoke our memory of an ancient and meaningful relationship with our place. For our world to survive, I believe it is imperative that we reestablish this kind of relationship and this book magnificently shows us one way we can do that.

Knowing Doug's experience and resources, I really looked forward to this book when I heard it was being published. We all wish for EVERYTHING in a book like this, but then it would weigh 200 pounds and not be useable. Every author and publisher has to make hard decisions on what boundaries to draw. While sad for what I know isn't there, it's amazing how effortlessly it gives information - you just seem to inhale it. Access to plants I'd always wondered about, but nobody seemed to know, such as Coltsfoot and Pacific waterleaf. Great answer to the endless debate on edibility of red elderberry. . . knowing his resources, I trust his answer. Wonderful to get blown away finding there IS edibility to skunk cabbage, thistles, wild-lily-of-the-valley! But I think most importantly to me, Doug was willing to give up page-space on plant details to tackle the even more important issues we tend to ignore - our responsibilities while foraging to ensure future availability, the mind-bogglingly easy "agricultural" practices of native tribes, conservation ethics, the spiritual power of "giving back", Northwest ecology, Native American wisdom, and the critical importance of deepening our relationship with our home places. Wishes?? More information on all the plants. More on medicinal uses. Mention, at least, of fungi and resources on them. OK, I'll wait for his next ten books! Interestingly, I found some of the images almost TOO good. It was hard to realize the actual scale of Siberian Miner's Lettuce and Waterleaf from the beautiful closeups.

I bought this book because I got tired of telling my kids "Ummm... I don't know" when they asked me if something on one of our hikes was edible or not. The book is great: The pictures and descriptions are clear, the content is easy to read and informative, and the quality of the published product is high. I've used it on a handful of hikes and it has not disappointed.

absolutely AWESOME book to bring with you hiking/camping in the northwest, clear pictures and great information, we now have fresh veggies and berries to eat when we camp in the woods, and now bring a lot less food along. Turns out there is so many things to eat around that you could get

fat in the wilderness, can't say enough good things about this book

Great book! I've been foraging for many decades, and I still learned a lot from this book (like Fireweed soup - who knew!). The organization is great - color pictures, distinct categories for each plant, like "When to harvest," "Where to find," and the like. Very difficult to identify a plant via description without botanojargon, but with the pictures the book does a great job. I'm hoping for a Book II that includes more plants - for instance I just discovered that Evening Primrose is edible, and I've several lovely and tasty weeds growing in the garden that aren't in the book.

Great in the pocket or day pack book for foraging. Was using another version that had only drawings, so the addition of color pics really pops. I'd call this a must have part of your library, and arguably the only thing you need in the field on any given day. Plenty of well defined and organized details, and a very usable system for sleuthing out your finds.

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