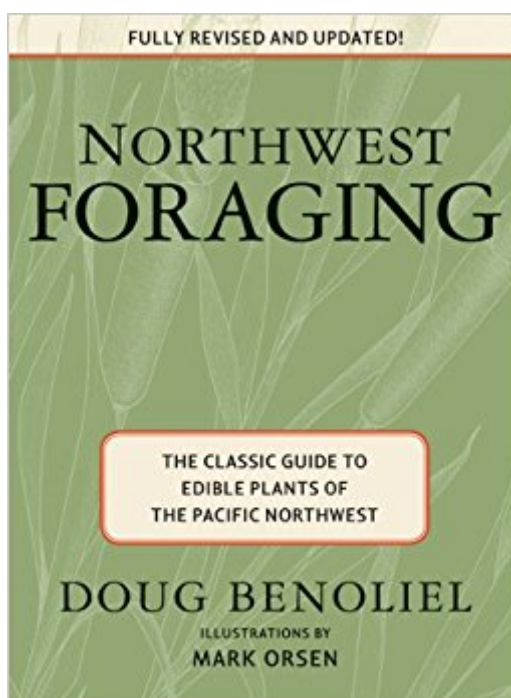


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# Northwest Foraging: The Classic Guide To Edible Plants Of The Pacific Northwest



## Synopsis

CLICK HERE to download the section on foraging for field mustard with four sample recipes from Northwest Foraging. \* Suitable for novice foragers and seasoned botanists alike\* More than 65 of the most common edible plants in the Pacific Northwest are thoroughly described\*Poisonous plants commonly encountered are also includedOriginally published in 1974, Northwest Foraging quickly became a wild food classic. Now fully updated and expanded by the original author, this elegant new edition is sure to become a modern staple in backpacks, kitchens, and personal libraries.A noted wild edibles authority, Doug Benoliel provides more than 65 thorough descriptions of the most common edible plants of the Pacific Northwest region, from asparagus to watercress, juneberries to cattails, and many, many more! He also includes a description of which poisonous "look-alike" plants to avoid -- a must-read for the foraging novice. Features include detailed illustrations of each plant, an illustrated guide to general plant identification principles, seasonality charts for prime harvesting, a selection of simple foraging recipes, and a glossary of botanical terms. Beginning with his botany studies at the University of Washington, Doug Benoliel has been dedicated to native plants. He has owned a landscaping, design, and nursery business, and done his extensive work with the National Outdoor Leadership School (NOLS). Doug lives on Lopez Island, Washington.

## Book Information

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## Customer Reviews

Beginning with his botany studies at the University of Washington, DOUG BENOLIEL has been dedicated to native plants. He has owned a landscaping, design, and nursery business, and done his extensive work with the National Outdoor Leadership School (NOLS). Doug lives on Lopez

Island, Washington.

This soft-cover book has very nice line drawings but I wish it had color photos. I wouldn't trust my health to eating a plant identified just from the drawings. For someone who knows what they're looking at this would be adequate and informative, but I'm not one of those people. I'll take this book along in my back-pack for "just in case" situations but will rely more on my stored belly fat if I'm in a survival situation! The book IS good reading though.

Very informative with great detail. My only issue is following illustration instead of photos makes it a bit harder to really identify definitively the plants, unless it's really obvious ones.

This is a handy little book that is brimming with useful information for foragers in the Pacific Northwest. It is an updated version of the 1974 edition. There are not many significant changes--a few plants like Bittercress and (controversial) Red Elderberry have been added to the edible list, and Bracken Fern has been relisted as poisonous. Other than that, the format, descriptions and the sections are largely the same. Plant structure, Seasonal availability, harvesting, drying and storing are discussed. More than 50 edible plants are listed and each plant is described according to: form, leaves, flowers, fruits, habitat, and edibility. Warnings are offered where applicable and there is a section dedicated to poisonous plants. The illustrations are still the graceful black-and-white line drawings by Mark Orson. While these are detailed, and show the plants at the optimal stage for harvesting, they are really not enough to go on as far as an absolute identification. If you actually intend to eat these wild plants, an additional field guide with color photographs is going to be necessary. Some intriguing recipes are scattered throughout the book along with plant folklore and information concerning traditional use by the Native people of this area. There is much practical wisdom gathered here, and I hope that all the public libraries of the Pacific Northwest will exchange their grimy and much-thumbed copies for this crisp new version!

Great recipes and practical ideas for wild edibles across the Pacific Northwest, including Idaho, and beyond to Wyoming. Lovely line-drawings. Useful tips for how to harvest responsibly, dry, and store what you find.

OK

What an amazing book. I never knew there were so many edible things out there and I also never knew what was out there that could do me in so quickly.

Not the best guide. Not enough detail.

So good my son-in-law appropriated the book

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