



# **Pacific Northwest Foraging: 120 wild and flavorful edibles from Alaska blueberries to wild hazelnuts**

*Douglas Deur*

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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. Douglas Deur, a lifetime Northwest forager and specialist in Native American plant traditions, shares his insights and experiences, showing you what to look for, when and where to look, and how to gather in a responsible way. For foragers in Washington, Oregon, British Columbia, and Southeast Alaska.

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