

# Wild Food & Herbal Medicine Resources



A brief review of our favorite books, websites, courses,  
and groups for Western Washington



Compiled by  
T. Abe Lloyd and Elise Krohn  
May 2019

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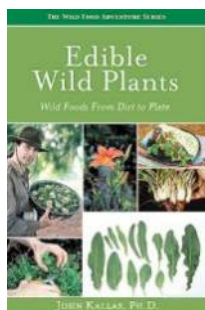
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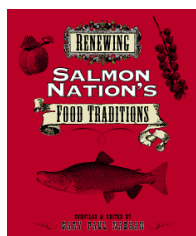


## Wild Food Books



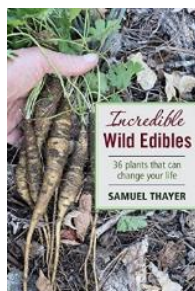
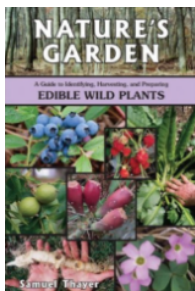
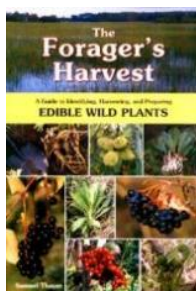
Hailing from Oregon and frequently teaching in Washington, John Kallas's book **Edible Wild Plants: wild foods from dirt to plate** has excellent coverage of the Pacific Northwest. This volume focus on wild greens and vegetables. It includes detailed and well researched plant accounts, tasty recipes, and a lot of great pictures.

View [Website](#) // Buy book from [Author](#)



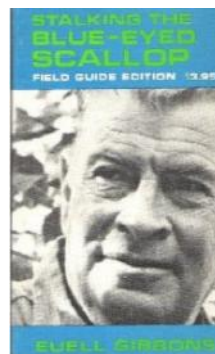
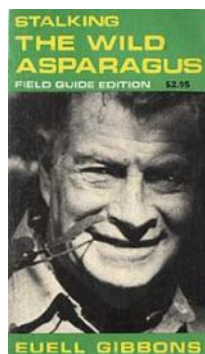
**Renewing Salmon Nation's Food Traditions** edited by Gary Paul Nabhan provides brief accounts for 180 plants, animals, and fungi that are traditionally used by Native Americans, explorers, and early settlers in the Pacific Northwest.

Buy from [Publisher](#)

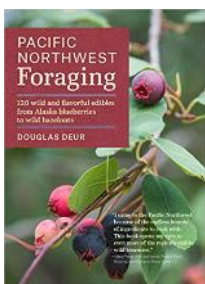


Sam Thayer's books **Forager's Harvest**, **Nature's Garden**, and **Incredible Wild Edibles** have set a new standard for thorough plant accounts based on personally verified and meticulously referenced information. He includes excellent photographs (about six per account!) and brilliant essays on topics related to foraging. Species coverage is continental with the majority having relevance to the Pacific Northwest.

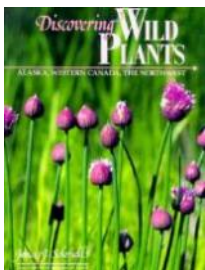
View [Website](#) // Buy from [Author](#)



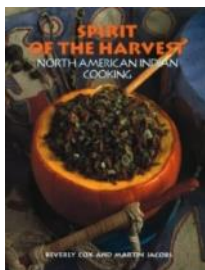
**Stalking the Wild Asparagus**, **Stalking the Healing Herbs**, and **Stalking the Blue-Eyed Scallop**, by Euell Gibbons are the classic books on wild edible foods. With limited illustrations, their strength is in the detail and skillfully written accounts. They cover a broad range of plants and animals across North America, but still have a great deal of relevance to the Pacific Northwest. Quite possibly still the best sold books on the subject and easily found at used book stores.



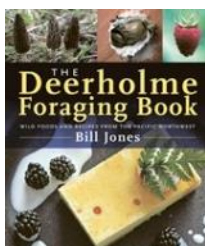
**Pacific Northwest Foraging** by Douglas Deur focuses on the 120 best plant foods of the region and includes a healthy variety of roots, shoots, greens, and fruits. Deur includes some plants that have a significant use history by Indigenous Peoples but have been largely overlooked by other wild food authors. Accounts include photographs, historical uses, and tips for sustainable harvest. Deur is a scholar that works closely with Native Americans.



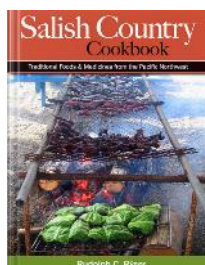
**Discovering Wild Plants: Alaska, Western Canada, the Northwest** by Janice Schofield provides photographs, plant descriptions, and well cited notes on the culinary and medicinal value of several species with personal reflections and recipes from the author.



**Spirit of the Harvest: North American Indian Cooking** by Beverly Cox and Martin Jacobs. This award winning cookbook has recipes from around the country but it has a large section on Northwest native foods. The late Skokomish elder Bruce Miller provided several of the recipes.

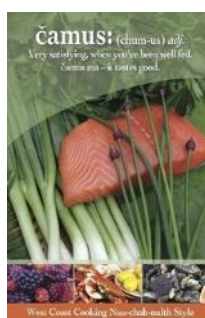


**The Deerholme Foraging Book: Wild Foods and Recipes from the Pacific Northwest** by Bill Jones. This delightful recipe book includes descriptions of common edibles and unique recipes from a celebrated chef on Vancouver Island.



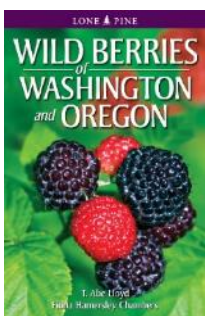
**Salish Country Cookbook** is an e-book by Rudolph Ryser and covers traditional foods and Medicines from the Pacific Northwest.

Buy from [iTunes](#)



**čamus: West Coast Cooking Nuu-chah-nulth style** by Uu-a-thluk is a collection of traditional Nuu-chah-nulth recipes. They also provide a [feasting toolkit](#) that includes pamphlets about pit cooking, smoking salmon, collecting herring spawn, and more.

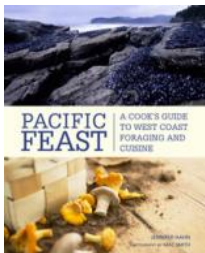
Buy from [Publisher](#)



**Wild Berries of Washington and Oregon** by T. Abe Lloyd and Fiona Hamersley Chambers covers every fruit and berry found in these states. Included in this book are tasty recipes, identification tips, and excellent color photographs of each species.

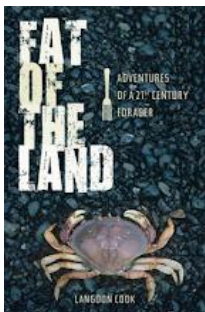
Buy from [Author](#)

[Traditional Food Fact Sheets](#) and Healthy Food Guidelines for First Nations Communities by the First Nations Health Council in Canada contains nutritional information for a wide variety of traditional foods.



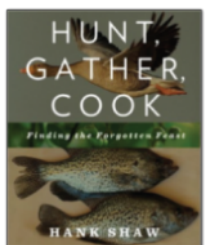
**Pacific Feast** by Jennifer Hahn focuses squarely on the Pacific Northwest. She covers foods from all walks, crawls, and swims of life, with deep roots in a variety of soils, in a way that leaves you with a berry big smile. Contains recipes, plant accounts, and essays.

View [Website](#) // Buy from [Publisher](#)



**Fat of the Land** by Langdon Cook is a book and blog combo that explores Puget Sound's bountiful wild foods. Following food throughout the seasons, each chapter focuses on a single food type and concludes with an author tested recipe. See his website for other recent books and interested foraging articles.

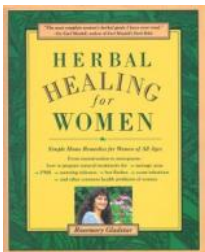
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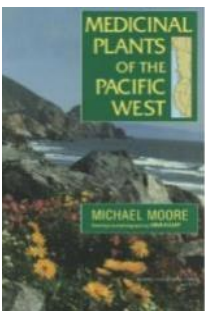
**Hunter Angler Gardener Cook** is Hank Shaw's wildly popular wild food cooking website. Also look for his book called [Hunter, Angler, Cook: Finding the Forgotten Feast](#). Although he is based out of California, most recipes are appropriate for the Pacific Northwest.

View [Website](#)

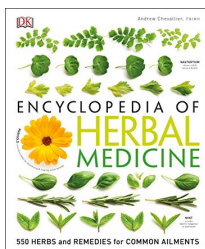
## Herbal Medicine Books



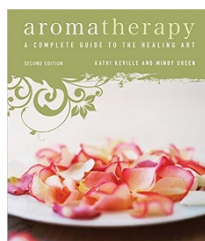
**Herbal Healing for Women**, **The Family Herbal**, and **The Beginners Guide to Medicinal Herbs** by Rosemary Gladstar all share remedies and wisdom from a woman who has inspired and blazed a trail for contemporary herbalism.



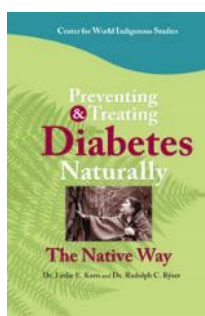
**Medicinal Plants of the Pacific West** and **Medicinal Plants of the Mountain West** by Michael Moore. These books have great photographs and drawings with extensive individual plant descriptions. Michael is incredibly knowledgeable and downright entertaining.



**Encyclopedia of Herbal Medicine** by Andrew Chevallier. This encyclopedic guide includes a history of herbal medicine, systems of practice from around the world, and individual descriptions of plants with excellent photographs.

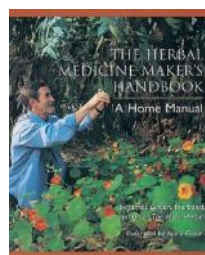


**Aromatherapy: A Complete Guide to the Healing Art** by Kathi Keville and Mindy Green. This comprehensive guide includes knowledge and recipes from two very experienced aromatherapists. Cosmetics, perfumes, botanical therapies, and safety issues are included, as well as individual descriptions of essential oils.

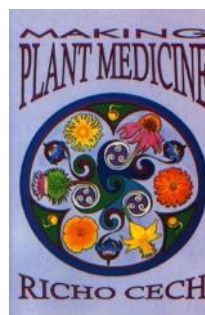


**Preventing and Treating Diabetes Naturally: The Native Way** by Leslie Korn and Rudolph Ryser. This well-rounded book includes cultural principles, healing trauma, herbal medicine, energy medicine, detoxification, and strategies for community action to address the epidemic of diabetes.

Buy from [Publisher](#)

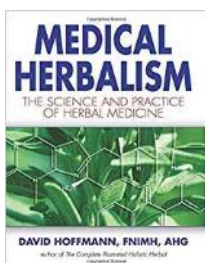


**The Herbal Medicine Makers Handbook** by James Green provides very thorough and accessible information on creating your own herbal medicines.

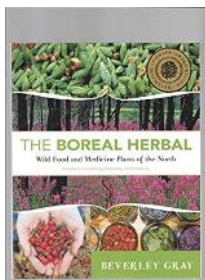


**Making Plant Medicine** by Richo Cech is an easy to use guide for beginning medicine makers. It is complete with a materia medica and proportions for making tinctures. Cech and his family run Horizon Herbs – a great source for seeds and plant starts.

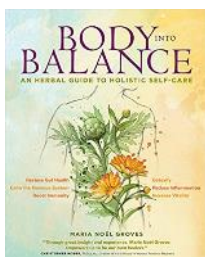
Buy from [Publisher](#)



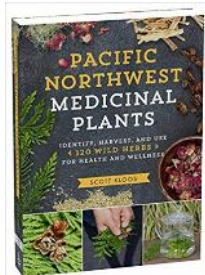
**The Science and Practice of Herbal Medicine** by David Hoffman. This textbook includes chapters on body systems with treatment protocols for common diseases, as well a materia medica on many medicinal plants.



**The Boreal Herbal: Wild Food and Medicine Plants of the North** by Beverley Gray. This herbal includes extensive descriptions on many Northwest plants including pictures, edible and medicinal uses, photographs, and recipes.

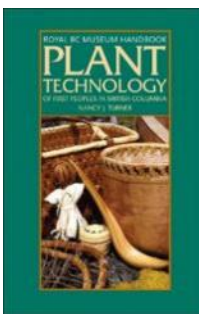
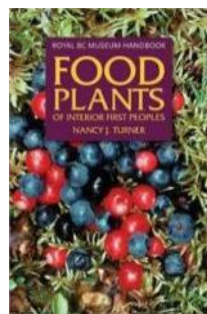
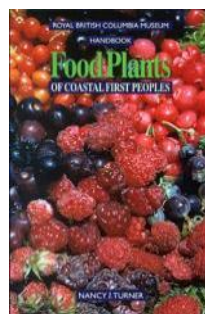


**Body into Balance: An Herbal Guide to Holistic Self-Care** by Maria Noel Groves. This comprehensive herbal follows the tradition of clinical herbalist Michael Moore. It introduces protocols for body systems and includes basic medicine making techniques.



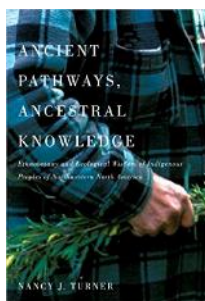
**Pacific Northwest Medicinal Plants** by Scott Kloos. This book is a good introduction to how to identify, harvest, and prepare 120 wild plants.

## Ethnobotany Books



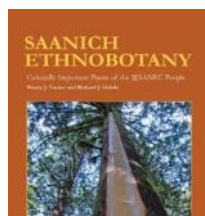
Nancy Turner's **Food Plants of Coastal First Peoples**, **Food Plants of Interior First Peoples**, and **Plant Technologies of First Peoples in British Columbia** provide an unsurpassed collection of ethnobotanical texts for British Columbia that have a great deal of relevance to foraging in the Pacific Northwest.

Preview Food Plants of Coastal First Peoples on [GoogleBooks](#)

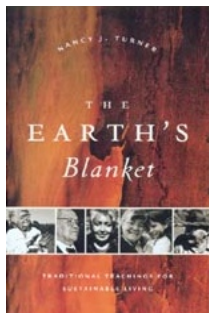


**Ancient Pathways. Ancestral Knowledge.** Published just before she retired, this book compiles Nancy Turner's four decades of ethnobotanical research into a hefty two volume set.

Preview on [GoogleBooks](#)

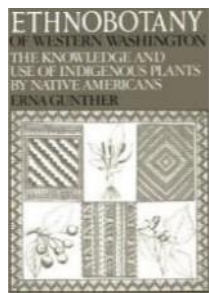


**Saanich Ethnobotany** by Nancy Turner shares details about how the Saanich people use plants for food, medicine, tools, and more. Accounts also include color photographs and plant descriptions.



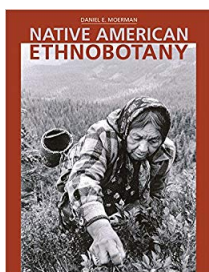
**Earth's Blanket** by Nancy Turner is a book filled with Indigenous wisdom and teachings on sustainable living. If you liked "Braiding Sweetgrass," you will love this.

Preview on [GoogleBooks](#)

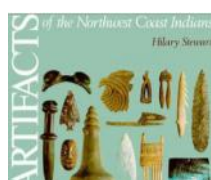
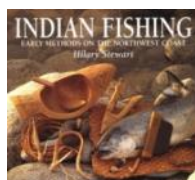
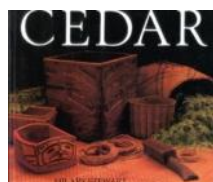


**Ethnobotany of Western Washington** by Erna Gunther. Originally published in 1945, this book draws from her life's work interviewing Salish and Makah elders. An indispensable resource for anyone seriously interested in the ethnobotany of this region.

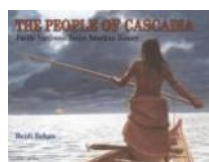
Preview on [GoogleBooks](#)



**Native American Ethnobotany Database** by Daniel Moerman attempts to catalogue all the primary ethnobotanical accounts of foods, medicines, dyes, and fibers on this continent. This work provides excellent starting places for further ethnobotanical reading. Search the [database](#).

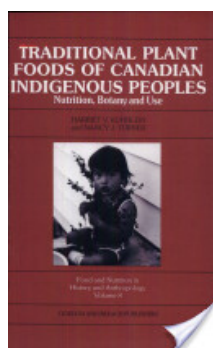


**Cedar**, **Indian Fishing**, and **Artifacts of Northwest Coast Indians** are written and illustrated by Hilary Stewart. These books are about the material culture and technology of Native Americans in the Pacific Northwest. Preview [Cedar](#) and [Indian Fishing](#)



**The People of Cascadia** by Heidi Bohan is a wonderful author-illustrated book on the history of the Pacific Northwest Native Americans that includes wild foods, harvesting methods, and more. This book is a great teaching resource.

Purchase from [Author](#)



**Traditional Plant Foods of Canadian Indigenous Peoples** by Harriet Kuhnlein and Nancy Turner is very difficult to find in print but there is an extensive preview available on GoogleBooks. This book includes plant descriptions, black and white photographs, ethnobotanical uses, and tables with nutritional information. While species coverage is for Canada, it is very pertinent to the Pacific Northwest. This is the best researched book available that covers both the ethnobotany and nutrition of numerous food plants.

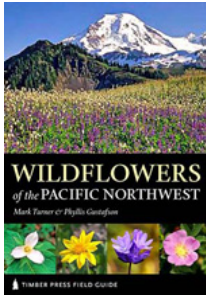
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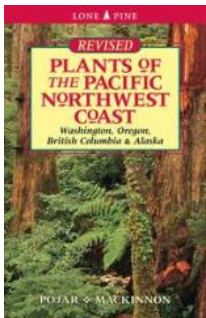
**Plants for a Future** is an [online website](#) database with edible, ethnobotanical, and medicinal information for about 7000 species that grow in temperate climates (like ours). Carefully referenced and surprisingly good coverage for our area even though the website was started in England. For best results, search by scientific name.

## Plant ID Books and Apps.

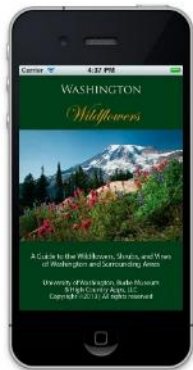


Mark Turner and Phyllis Gustafson's book **Wildflowers of the Pacific Northwest** and Turner and Ellen Kuhlmann's book **Trees and Shrubs of the Pacific Northwest** are superb field guides (and website) well suited for beginners and enjoyed by seasoned botanists. The website has the best browsing functions of any we have seen allowing you to browse thumbnail images by flower color, flower type, as well as plant families. Plant accounts include plant descriptions, excellent range maps, and superb photographs.

Buy from the [Author](#)



**Plants of the Pacific Northwest Coast**, popularly called "Pojar and Mackinnon" (the editors), is perhaps the best plant field guide on the market. Authored by leading scholars of botany, ecology, lichenology, and ethnobotany, it is used by novices and experts alike. This book boasts nearly comprehensive coverage of native plants (with limited coverage of introduced species). Plant accounts include photographs, range maps, distinguishing characteristics, related species, and ethnobotanical gems.



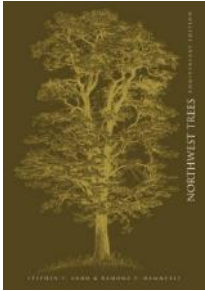
Washington Wildflower app works conveniently from your phone. It was authored collaboratively by the authors of the Wildflowers of the PNW (above) and the botanists at the WTU Herbarium at the Burke Museum in Seattle. This app has excellent search tools enabling you to narrow down your options by selecting visible features like flower color, leaf shape, and habitat. While it doesn't include the entire flora for Washington, it includes more than most books (3201 species), and is significantly cheaper and lighter. Accounts include range maps, several photographs, and detailed descriptions. No internet connection is needed once the app is fully downloaded.



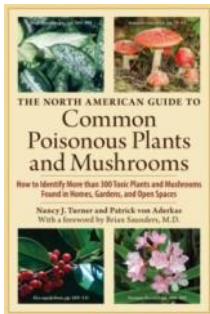
Oregon Wildflower app uses the same convenient platform as the Washington Wildflower app, but authored by the staff at the Oregon Flora Project. It covers nearly 4000 species.



The iNaturalist app has sophisticated image recognition software that can identify plants, animals, fungi, and other life forms. Simply create a new “observation” and photograph the species. While the identification isn’t always correct, you can choose between suggestions and cross-reference with similar species in your area. All observations are then vetted by the community of thousands of other i-naturalist users. This vetting process helps technology get smarter. Observations can be added and geotagged without internet connectivity, but photo recognition and observation sharing requires the web.



**Northwest Trees** by Stephen Arno and Ramona Hammerly is a gorgeous book with information on where to find and how to identify local trees. Fascinating ecological roles and human history are also included.



**The North American Guide to Common Poisonous Plants and Mushrooms** by Nancy Turner and Patrick Von Aderkas is an indispensable guide to plants we need to know (and avoid!) in order to safely forage.

Buy from [Publisher](#)

## Plant ID Websites



University of Washington [Burke Museum Herbarium](#) provides a number of resources for plants, mushrooms, seaweeds, and more. The [WTU Image collection](#) for plants can be searched by common or scientific name and can be browsed by family, or genus. Accounts include plant descriptions, photographs, and county level range maps. Herbarium sheets can also be viewed online, key word searched, or browsed. This is an indispensable tool for anyone serious about plant.



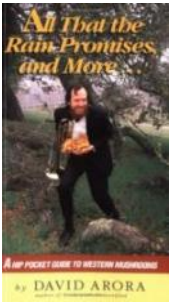
The [Oregon Flora Project](#) is an electronic clearinghouse of information about plants. You can find plant distribution maps, photos, and checklists.



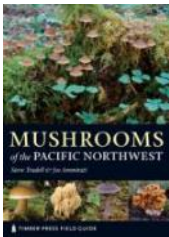
[USDA Plants](#) is a comprehensive listing of plants in North America (focused mainly on the United States). Accounts are searchable by scientific or common name and include state level range maps that enlarge to the county level. Search results can be filtered by state. Color photographs of the plant and seeds are included for many species. Economically and ethnobotanically significant species have an attached “plant guide” with encyclopedic entries.

[Starflower](#) Native Plant ID cards are produced by the WA Native Plant Society for youth education.

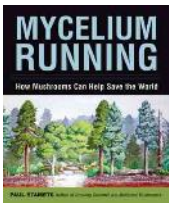
## Mushroom Books, Websites, Blogs, and Festivals



**All That the Rain Promises and More** by David Aurora is one of the funniest and best field guides on the market. Mushroom enthusiasts model in many of the mushroom photos. Accounts include where and when mushrooms can be found as well as notes on their edibility, selected recipes, and colorful anecdotes.



**Mushrooms of the Pacific Northwest** by Steve Trudell and Joe Ammirati is a field guide with color photographs and useful essays related to safely learning and eating mushrooms.



**Mycelium Running: How Mushrooms Can Save the World** by Paul Stamets teaches us about the amazing natural history of mushrooms and how they can be used to solve many problems in today's world.

**Northern Bushcraft** by Tom Cervenka has an online guide to edible mushrooms in the Pacific Northwest.

**Pacific Northwest Mushroom Festival** is held annually in the South Puget Sound.

**MykoWeb** has photographs, articles, book reviews, and links to clubs, blogs, and more.

## Schools, Courses, and Instructors

**Abe Lloyd** of Bellingham WA shares his wild food experiments on his blog Wild Harvests. He teaches workshops and courses on wild foods in the Pacific Northwest.

**Arctos School of Herbal and Botanical Studies** in Portland.

**Bastyr University** in Bothell WA provides a variety of formal degrees, certificates, and non-degree programs in Herbal Medicine, Nutrition, Permaculture, and more.

**Corinne Boyer** of Opal's Apothecary offers classes and apprenticeships on folk herbal medicine in Shelton, WA.

**Dandelion Botanical Company** in Seattle, WA hosts herb classes.

**Earthwalk Northwest** in Issaquah WA offers a variety of wild food workshops and dinners.

**Elderberry School of Botanical Medicine** is located in Portland OR.

**Elise Krohn** of Wild Foods and Medicines shares her vast knowledge of wild foods and herbal healing in online articles and workshops. She collaborated with Native American Elders throughout western WA to write two books, and teaches at Northwest Indian College.

**Elizabeth King George** is a native foods harvester and cook. She co-curated the Burke Museum's Salish Bounty exhibit and is writing a book on Salish Foods. Watch her progress on her [facebook](#) page.

**Evergreen State College** in Olympia WA offers courses on wild foods, herbal medicine, and ethnobotany and sustainable farming.

**Fairhaven College** in Bellingham WA has degree courses in Wild Food, Ethnobotany, and Ethnoecology.

[GRuB](#) in Olympia offers classes on wild foods and medicines, train the teacher workshops, and apprenticeship programs. Elise Krohn is the Traditional Plants Program Director. Goodgrub.org or [elise@cwis.org](mailto:elise@cwis.org).

[Hawthorn School of Plant Medicine](#) in Olympia offers a 9-month immersion program.

[Heidi Bohan](#) is a Washington based herbalist, wild foods expert, and traditional technologies specialist who offers apprenticeships, workshops and teaching materials.

[Jean Madrone](#) based in Olympia WA offers workshops, clinical herbal apprenticeship program, and consultations.

[Jennifer Hahn](#) of Pacific Feasts in Bellingham WA has a wild food book and teaches courses.

[John Kallas](#) of Wild Food Adventures in Portland OR offers a large selection of classes and has an excellent wild food book. His website also has wild food book reviews.

[Joyce Netishen](#) of Fire Rose Farm teaches herbalism classes in Elma, WA.

[Kim and Chris Chisholm](#) operate Wolf Camp and Wolf College in Western WA which offers wild food courses (and more) for youth and adults.

[Langdon Cook](#) is a Seattle WA forager and offers a blog with excellent wild food recipes, book reviews, and adventures. He also has a foraging oriented book by the same title as his blog, **[Fat of the Land](#)**, and two more narrative books that have received much acclaim.

[Leslie Seaton](#) of Fresh-Picked Seattle maintains a website with food events and resources from around the Puget Sound. Of special interest are her list of wild edible and medicinal classes and her calendar.

[National University of Naturopathic Medicine](#) in Portland OR provides both degree and certificate programs related to Naturopathic Medicine.

[Northwest Indian College Traditional Plants and Foods Program](#) offers courses and workshops for Native Americans interested in revitalizing food traditions. There are a number of campuses throughout the PNW.

[University of Victoria School of Environmental Studies](#) in Victoria BC has undergraduate and graduate level courses in Ethnobotany, Ethnoecology, and Traditional Systems of Land and Resource Management.

[Radiance Herbs](#) in Olympia, WA offers classes through several instructors.

[Renee Davis](#) teaches a combination of mushrooming and herbalism at Fungi Perfecti in Olympia WA.

[Ryan Drum](#) is an herbalist, teacher and plant forager based on Waldron Island in the San Juans. He provides classes, top of the line dried seaweeds and herbs, and great on-line articles.

[Royal Roads University](#) in Victoria BC offers non-degree courses about the Wild Foods of Southern Vancouver Island, ethnobotany, and more.

[Sam Thayer](#) of Forager's Harvest has three best selling wild food books and offers many wild food products and workshops. His website also has great wild food and plant ID book reviews.

[The Dandelion Seed Collective](#) offers a free herb clinic, an annual conference, and workshops in Olympia, WA.

[Valerie Segrest](#) (Muckleshoot) writes and teaches about wild foods and medicines. She is an educator for the Northwest Indian College and coordinates the Muckleshoot Food Sovereignty Project.

[Vital Ways School](#) offers community classes as well as two options for first year herbal certificate program, a second year advanced certificate program, and a third year clinical practicum.

[Wild Rose College of Natural Healing](#) in Vancouver BC offers herbal programs from a wild variety of traditions.

[Whatcom Community College](#) in Bellingham has a course in Ethnobotany.

[Wildroot Botanical](#) is located near Bellingham.

## Films

[Ancient Sea Gardens](#) explores clam gardens, root gardens, and other ancient, forms of intensive food management indigenous to the Native Americans in the Pacific Northwest.

[Diabetes: Then and Now](#) scrutinizes the transition away from traditional foods. Members of the Songhees Nation (Salish) share personal stories about the disastrous health consequences of a non-traditional diet.

[Gitga'ata Spring Harvest](#) follows Hartley Bay Elders as they harvest seaweed and fish at their spring camp on the Central Coast of British Columbia.

[Harvesting Hope TRADITIONAL FOODS](#) shows how a community in Northern British Columbia is teaching traditional berry picking, fishing, and gardening techniques.

[Hot on the Trail with Sonny Savage](#) is a great film series that focuses on wild foods in California with a few features from other parts of North America.

[Indigenous Plant Diva](#) is a film about Cease Wyss, a Salish medicinal healer, and her work with the Squamish First Nation developing a community garden.

[March Point](#) Cody Nick and Travis, three teens from the Swinomish Indian Tribe, wanted to make a gangster movie or rap video. But instead they were asked to investigate the impact of two oil refineries on their tribal community. March Point follows their journey as they come to understand themselves, the environment, and the threat their people face.

[Seasoned with Spirit Series](#) is a five-part series that offers viewers a culinary celebration of America's bounty combining Native American history and culture with delicious, healthy recipes inspired by indigenous foods.

[Smoke from His Fire](#) documents the changing relationships between Native Americans, settlers, and the land since first contact through the amazing life-story of Clan Chief Kwaxsistalla, a Kwakwaka'wakw (Kwakiutl) Potlatch Speaker who struggles to keep his peoples' traditions vibrant.

[Smokin' Fish](#) is a fun documentary about a young Tlingit man that that returns to his land and traditional ways.

[Store Outside Your Door](#) is a series of films on Alaskan Indigenous Foods produced by the Alaska Native Tribal Health Consortium.

[Survival Prayer](#) follows Haida food harvesters as they gather and prepare for the winter, bearing witness to a sacred relationship between individuals and the land that sustains them.

[Teachings of the Tree People](#) is a story of a passionate student of traditional culture, Bruce Miller became the bearer of the language, oral history, art, and spirituality of the Twana. This gentle and generous film documents his race against time and ailing health to pass the knowledge of his ancestors on to those who would listen.

[The Great Laws of Nature](#) is a documentary on indigenous organic agriculture.

[Vancouver Island and Coastal Communities Indigenous Foods Network](#) has a fun series of amateur Digital Harvest films on Youtube.

## Societies

**Native Plant Societies** host monthly lectures, workshops, and field trips related to native plant identification, conservation, ethnobotany, and more. The [Washington Native Plant Society](#) has many local/regional chapters. The best way to learn plants is from someone who knows, and Native Plant Societies are an easy place to find a plant mentor.

### Medicinal Plant Societies:

[The United Plant Savers](#) works to conserve native medicinal plants in North America. They host an online forum and several interesting blogs related to medicinal plants

[The American Herbalist Guild](#) hosts an annual symposium, has several regional chapters, and provides a list of educational resources.

**Ethnobotanical Societies:** The [Society of Economic Botany](#) and the [Society of Ethnobiology](#) both publish peer reviewed journals and have annual conferences, usually in late April and June, respectively. These societies focus on the relationship between humans and the environment in a trans-disciplinary way that bridges anthropology, botany, ecology, archaeology, and other disciplines. A great place to meet researchers, potential graduate supervisors, and foragers that are making a contribution to the advancement of new knowledge. The [International Society of Ethnobiology](#) is an alliance for biocultural diversity and oriented towards community action and empowerment. They host conferences every two years at places all over the world.