



Discovering WILD PLANTS

ALASKA, WESTERN CANADA, THE NORTHWEST



Janice J. Schofield

ILLUSTRATED BY RICHARD W. TYLER

Discovering Wild Plants Alaska Western Canada The Northwest

Janice Schofield Eaton



Discovering Wild Plants Alaska Western Canada The Northwest:

Discovering Wild Plants Janice Schofield Eaton, 2011-02 *Discovering Wild Plants* Janice J. Schofield, Janice Schofield Eaton, 1989 More than 130 plants including trees roots wildflowers herbs seaweed and mushrooms from Alaska Yukon Territory through western Canada to Washington Oregon and northern California are profiled Information provided includes precise botanical identification history New and Old World folk uses harvest and habitat information and recipes

Alaska's Wild Plants Janice Schofield Eaton, 1993 Profiles more than seventy wild edible plants native to Alaska with color photographs and descriptions and includes information on plant habitats harvesting wild plants and related topics

Fresh Sergei Boutenko, Valya Boutenko, 2010-05-18 Cookbooks need not indeed should not involve cooking say the authors of this authoritative beautifully illustrated book And they should know Sergei and Valya Boutenko bring fifteen years experience to this collection of scrumptious sophisticated recipes and comprehensive guide to the raw life Fresh covers the whole range of recipes including savory dishes desserts fermented foods drinks and wild foods Techniques common to the recipes are introduced and clearly explained including an inventory of uncommon fruits and how to handle and prepare them as well as an immersion into the five basic flavors and the herbs fruits vegetables and grains that help chefs bring out each flavor best The authors introduce the three stages of adaptation to this lifestyle and provide a concise review of minimal equipment requirements and ideal appliance additions for the well stocked raw kitchen **General Technical Report**

PNW-GTR, 2006 **Wild Edibles** Sergei Boutenko, 2013-07-16 Sergei Boutenko's groundbreaking field guide to the art and science of foraging and preparing wild edible plants includes 300 photos of 60 plants An Amazon Editors Pick Best Cookbooks Food Wine In Wild Edibles Sergei Boutenko's bestselling work on the art and science of live food wildcrafting readers will learn how to safely identify 60 delicious trailside weeds herbs fruits and greens growing all around us It also outlines basic rules for safe wild food foraging and discusses poisonous plants plant identification protocols gathering etiquette and conservation strategies But the journey doesn't end there Rooted in Boutenko's robust foraging experience botanical science and fresh dietary perspectives this practical companion gives hikers backpackers raw foodists gardeners chefs foodies DIYers survivalists and off the grid enthusiasts the necessary tools to transform their simple harvests into safe delicious and nutrient rich recipes Special features include 60 edible plant descriptions most of them found worldwide 300 color photos that make plant identification easy and safe 67 tasty high nutrient plant based recipes including green smoothies salads and salad dressings spreads and crackers main courses juices and sweets For the wildly adventurous and playfully rebellious Wild Edibles will expand your food options providing readers with the inspiration and essential know how to live more healthy yet thrifty more satisfying yet sustainable lives **Pacific Feast** Jennifer Hahn, 2010-10-05 [CLICK HERE](#) to download a sample recipe from Pacific Feast Features more than 60 recipes from some of the Pacific Coast's best chefs including David Tanis Maria Hines Dustin Clark Kirsten Dixon and Tom Douglas Accessible and inspiring Pacific Feast

will appeal to home cooks and nature lovers alike Conveys a strong conservation and sustainability message throughout the recipes and stories Once thought to be the stuff of back to the landers foraging has become a gourmet pastime and there are a growing number of wild food classes in which experts teach hungry folks how to spot the food at our feet Especially fortunate are those of us who live along the Pacific Coast from Southern California to Puget Sound to Anchorage where the climate provides many a delicacy in our wild and not so wild spaces Pacific Feast shares expert advice on how to identify the good eats harvest responsibly and create delicious meals with your finds Author Jennifer Hahn provides detailed field notes on more than 40 species including where to find them which parts are edible and their best culinary uses In addition to the delectable recipes from well known coastal chefs readers will also appreciate Hahn s intimate stories of reveling in nature s bounty and Mac Smith s lush identification photographs With more than 25 years of wilderness travel under her boots and kayak hull including thru hiking the Pacific Crest Trail from northern California to Canada and kayaking solo from Ketchikan Alaska to Washington writer Jennifer Hahn relies on wild harvesting to keep her pack and kayak light Jennifer s favorite foraged lunch is sea urchin nori seaweed and goose tongue leaves She lives in Bellingham Washington with her potter husband Chris Moench To learn more visit the authors website at www.pacificfeast.com

Rare Vascular Plants of Alberta The Alberta Native Plant Council,2001-09 This exhaustively researched project brings together for the first time a complete listing of Alberta s rare vascular plants with detailed plant descriptions habitat information and notes of special interest Accompanied by numerous colour photographs B W illustrations and frequency maps this text is essential for naturalists botanists students and others interested in the flora of Alberta

Official Plant Emblems of Canada Ernest Small,Paul M. Catling,Brenda Sylvia Brookes,2012 Official plant emblems of Canada focuses on several dozen native plants that have become official emblems of the provinces territories and the entire country These plants documented through photographs illustrations and paintings are ambassadors for increasing awareness of the importance of biodiversity

Denali National Park Bill Sherwonit,2013-04-11 [CLICK HERE](#) to download the first chapter from Denali National Park Provide us with a little information and we ll send your download directly to your inbox The beauty of Sherwonit s writing style is not flash but rather a subtlety that renders him nearly invisible A journalist by trade he demonstrates considerable skill in blending voluminous historical detail into highly readable prose Climbing magazine Part history part field guide and part recreation tool this is an up to date and comprehensive guidebook for Denali one of the nation s most beloved national parks Includes checklists for wildlife watching and details on winter fun Denali National Park The Complete Visitors Guide to the Mountain Wildlife and Year Round Outdoor Activities is the most comprehensive guide to one of North America s most wild and varied places This authoritative reference to Denali National Park and adjacent lands details all the information a traveler needs for a great Alaska experience whether by bus car train bike boat or foot With this guide in hand you can explore the park s visitor facilities raft whitewater rapids pick berries climb the continent s highest mountain backpack

through forest and tundra watch grizzlies dig for ground squirrels share a ridgetop with Dall sheep attend sled dog demonstrations go on ranger guided hikes camp in solitude within glacially carved valleys and much more From the natural history of the region to the human history of the mountain and the park Alaskan author Bill Sherwonit captures the mystique of this fascinating place Even casual travelers to Denali National Park will appreciate his in depth information about the park s popular entrance area and traveling the Park Road and the helpful checklists for mammals birds and plants The World-famous Alaska Highway Tricia Brown,2005 For the ultimate wilderness road trip this guide is indispensable From the southernmost community of Homer to Deadhorse the northern end of the road that meets the Arctic Ocean the guide details routes driving conditions unique people and all that awaits the adventurous traveler along the way 90 full color photos and 6 maps *The Northwest Gardeners' Resource Directory* Stephanie Feeney,1997 Stephanie Feeney has combed the Pacific Northwest and British Columbia to find the fabulous resources that make the area a horticultural paradise This guide makes it a snap to find over 350 nurseries of all sizes over 200 mail order sources for gardening items over 300 e mail and Internet Web sites of interest to gardeners over 200 clubs and organizations publications and other sources Golf Courses of the Pacific Northwest Jeff Shelley,1990 *Alaska's Accessible Wilderness* Bill Sherwonit,1996 This traveler s guide to the state parks of Alaska is useful for the traveler and the arm chair traveler Alaska s state park system is the nation s largest and grandest covering almost 120 state park units In words color photos and maps Bill Sherwonit details six of the state s wildest and most alluring parklands Here are glaciers unscaled mountains ancient forests and high alpine tundra You will see salmon rich streams vast lakes and remote islands Wildlife abounds and beauty is to behold For all their wildness and unspoiled beauty these parklands are remarkably easy to reach and in most cases explore **The Encyclopedia of Edible Plants of North America** François Couplan,1998-12-02 So that we will become intimately acquainted with edible and medicinal plants *Wildflowers of the West* ,1992 This is a new and unique way to get to know your wildflowers With more than 345 illustrations and a sure fire key to identifying flowers this becomes an indispensable handbook This excellent book is written in a clear enthusiastic and informative manner The key the author provides for easy identification of wildflowers will enable untrained observers to track down the family the genus and the species of most wildflowers they encounter **Discovering Fruit & Nuts** Susanna Lyle,2006 Landlinks Press is an imprint of CSIRO Publishing Verso t p **Reaching North** Jamie Bastedo,1998 Jamie Bastedo looks into the heart of one of Canada s largest yet least understood regions the subarctic wilderness Told with a passion for northern people and an exacting eye for detail Reaching North celebrates a vast northern wilderness drawing inspiration from its basement rock all the way to the aurora borealis **Science and Technology Annual Reference Review** ,1991 **The Great Alaska Nature Factbook** Susan Ewing,1996 The Great Alaska Nature Factbook describes the diversity of plants and animals in Alaska Illustrated with line drawings the text has entries for the 105 species of mammals nearly 300 birds and 1 500 species of plants The author also provides an overview of the six regions and

the natural features such as the Bering Land Bridge mineral deposits and hot springs It is a field guide or minature encyclopedia of facts and trivia about Alaska Index and Further readings are also included

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