



Northwest Foraging: The Classic Guide to Edible Plants of the Pacific Northwest

Doug Benoliel

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- * 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 included

Originally 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, junberries 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.

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