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Foraging Oregon: Finding, Identifying, and Preparing Edible Wild Foods in Oregon (Foraging Series)

Christopher Nyerges

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From wild carrot to serviceberries, pineapple weed to watercress, lamb's quarter to sea rocket, *Foraging Oregon* uncovers the edible wild foods and healthful herbs of the Beaver State. Helpfully organized by plant families, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

This guide also includes:
- Elderberry Sauce
- Mia's Chickweed Soup
- Fireweed Jelly
- Shiyo's Garden Salad
- Vegetable Chips
- Stinging Nettles Hot Sauce
- Wild Bread
- Northwest Brickle

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