

# Wild Food Adventures

## 2010 Workshops & Events

[www.wildfoodadventures.com](http://www.wildfoodadventures.com)

**Maps to each location are on our workshops page.**

**Always check the web site for last minute changes before registering**

**Use the Registration Form at our web site. Enrollment Limited! - Advanced registration reserves you a place in the class.**

## March

### **Early-Bird Sauvie Island Wild Food Workshop**      \$22

Sunday, March 21, 2010, 1 – 5pm

Location: Sauvie Island, Portland, OR.

Sponsor: Wild Food Adventures

What to Bring: Prepare for the weather; if it is cold, overdress so you are toasty; if it is raining, wear rain gear and a wide-brimmed water resistant hat. Wear comfortable walking or hiking shoes that can get dirty. If you are comfortable, no matter what the weather, you will have more fun.

Description: We'll start at Sauvie Island, then explore several areas to inspect this unseasonably warm spring's early green delectables. See and sample from plants you pass by everyday. The earlier you start in the spring, the more foods you can harvest.

Meeting Site: Sauvie island is a 10 mile drive from downtown Portland. Go north towards St Helens on Hwy 30. Turn right onto the Sauvie Island bridge. From the bridge, keep going on Sauvie Island Road about 2 miles. At the fork in the road, stay left (DO NOT curve to the right or you'll end up on Reeder Road). At around 1/4 mile from the fork, turn left onto NW Ferry Road, and follow it to the boat ramp parking area on your right. Park in that area. Do not turn left at the end of Ferry Road or you will end up on private property. There is a bus from Portland to Sauvie Island, but there is no bus to the boat ramp. Tri-met bus #17 will take you to the bus stop (#8437 - Gilihan Rd & Sauvie Island Dr) which is about 2.5 miles from the boat ramp. Call us if you need a ride from the bus stop to the boat ramp. A map to the boat ramp is at our workshop page at the web site. Time permitting, we may drive to North Portland to cover more plants.

### **Introduction to Wild Foods**      \$18

Saturday, March 27, 2010, 9am – noon

Location: Mt Tabor, Portland, OR.

Sponsor: Wild Food Adventures

What to Bring: Prepare for the weather; if it is cold, overdress so you are toasty; if it is raining, wear rain gear and a wide-brimmed water resistant hat. Wear comfortable walking or hiking shoes that can get dirty. If you are comfortable, no matter what the weather, you will have more fun.

Description: In a walk through several habitats within Mt Tabor Park, learn essentials of wild food use and study, the best books, resources, and field guides. Be a successful forager early on, sample plants, get expert advice. This core workshop provides a deeper understanding for all other workshops. Anyone genuinely serious about wild foods will benefit from this event.

Meeting Site: Meet at the southwestern entrance to Mt Tabor Park. From SE 60th Avenue go east on Lincoln St. Meet at the entrance.

## April

### **Emerging Wild Greens of Spring**      \$22

Saturday, April 3, 2010, 9am - noon

Location: Portland, OR

Sponsor: Wild Food Adventures

What to Bring: Prepare for the weather; if it is cold, overdress so you are toasty; if it is raining, wear rain gear and a wide-brimmed water resistant hat. Wear comfortable walking or hiking shoes that can get dirty. If you are comfortable, no matter what the weather, you will have more fun.

Description: Early spring wild foods are illusive. Some spring delicacies make their appearance over only a brief period and then they are gone. This is true for nettles, fireweed, and a variety of other plants. The earlier you pick some plants the more tender and tasty the vegetable. Come join us on a foray through forests, wetlands and open fields beaming with the tender fresh new plants of spring.. See what nature has to offer.

Meeting Site: In front of the Hoyt Arboretum visitors center, 4000 SW Fairview Blvd, Portland, OR 97221. Directions from I-26: Take the Zoo exit passing around all parking areas, follow the winding road up the hill. Turn right on Fairview, the Visitors center is on the right. We'll meet outside the entrance.

## **Wild Foods of a Forest Park Spring** \$22

Sunday, April 11, 2010, 1 - 4pm

Location: Forest Park, Portland, OR.

Sponsor: Wild Food Adventures

Description: Come join us learn about the edible plants found in a northwest forest. Spring is when wildflowers are blooming and wild greens are ripe for picking. See plants like wild violet, Solomon's seal, fairy bells, licorice fern, various fiddleheads, wild ginger and more. Learn the many ways they can be used as food. Explore one of the more beautiful forests in Portland's own back yard.

What to Bring: Prepare for the weather; if it is cold, overdress so you are toasty; if it is raining, wear rain gear and a wide-brimmed water resistant hat. Wear comfortable walking or hiking shoes that can get dirty. If you are comfortable, no matter what the weather, you will have more fun.

Meeting Site: Meet at the Wildwood Trail entrance off Germantown Road. From downtown Portland take Highway 30 towards the St John's Bridge. Just after going under the bridge there will be a sign leading you to Germantown Road. Turn left there onto NW Bridge Ave. Soon on your right will be Germantown Road. At 1.2 miles up Germantown Road CONTINUE PAST a triangular parking area to your left. Then, just over 1.5 miles up Germantown Road (0.3 miles past that last parking area) there will be a small parking area to your left with an official 4 x 8 foot park entrance sign labeled "Forest Park - Wild in the City" that includes a large detailed map of the whole of Forest Park. We will meet there at the Wildwood trail entrance. If you drive past the entrance, the intersection of Germantown Road and NW Skyline is .5 miles away - just turn around and go back. If you do not see the "Wild in the City" park entrance sign, you are at the wrong parking area. Parking will be at a premium, you may have to park down the road. Don't leave valuables in your car.

## **Wild Foods of Oxbow's Old Growth Forest** \$25+

Saturday April 17, 2010, 9am-1pm

Location: Oxbow Regional Park, Sandy River Gorge, OR.

Sponsor: Wild Food Adventures

Description: Come join us learn about trees, shrubs, and herbs of North America that are found at Oxbow Regional Park off the Sandy River Gorge. Find a diversity of edible wild plants including fiddlehead fern, elderberries, Solomon's seal, fairy bells, nettles, red huckleberries, salmonberry, and more. Explore one of the more beautiful habitats just east of Gresham.

What to Bring: Prepare for the weather; if it is cold, overdress so you are toasty; if it is raining, wear rain gear and a wide-brimmed water resistant hat. Wear comfortable walking or hiking shoes that can get dirty. If you are comfortable, no matter what the weather, you will have more fun.

Meeting Site: Car pool or caravan with us from the Mall's parking lot at the SW corner of SE 105th Ave and Washington St. Across from Denny's (see map) near the mall sign with Office Max at the top. Be ready to leave this parking area by 9am with a full tank of gas. Use the Denny's restroom before 9 so you won't hold us up. This meeting site is about one block East of Mall 205 near the Plaza 205 parking entrance. We are using Denny's restrooms, but parking south of it and across the street. Do NOT park in the Denny's lot, park.

Or... meet us just inside the entrance of Oxbow Park (See map). Be at the entrance by 9:20am and wait patiently. We'll swing by and pick you up and proceed to Picnic Area A. Last time we checked, the park's entrance fee is \$4 per car. YOU MUST LET US KNOW if you are meeting us in SE Portland or at the Oxbow site! The Park's number is 503-663-4708.

## **\* Earth Day Celebration & Community Fair** Free

Saturday, April 24, 2010, 10am - 7pm

Location: Portland, OR.

Sponsor: City Repair Project

Description: Dr. Kallas will man a display booth and will answer questions about edible wild plants at the Earthday Fair along with about 80 other booths representing Earth & community-based organizations. Come see fresh, preserved, and dried samples of edible wild plants at John's booth. Also see posters and samples of Wild Food Adventure publications. The Fair has food, crafts, musical entertainment and child play areas. Family and Earth friendly.

Location Site: Washington High School Park, SE Portland at 12th & Stark St (See map).

No registration required. For information see <http://www.cityrepair.org/> or call 503-235-8946.

## **Neighborhood Foraging of Spring Greens & Vegetables**      \$22

Sunday, April 25, 2010, 1 - 4pm

Location: Portland, OR.

Sponsor: Wild Food Adventures

Description: We'll bushwhack through Portland's urban neighborhoods to find some of spring's best and diverse delectables. See and sample from plants you pass by everyday. You will later find most of this abundance in your own neighborhood.

What to Bring: Prepare for the weather, comfortable walking shoes that can get dirty.

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore. See Map

# May

## **Pacific Coast Clam Dig**      \$25+

Saturday, May 1, 2010

Location: Tillamook, OR. Leave Beaverton at 7:25am, return around 3:30pm

Sponsor: Wild Food Adventures

Description: Learn how to find, dig, transport, clean, and prepare cockle clams during one of the lowest tides in 2010. Learn gathering regulations and limits. Learn how Native Americans gathered these same clams. The times we meet are dictated by when the tides are low enough to for us to reach the clams.

What to Bring: A 2010 Oregon Shellfish Collecting License. See "All about Licenses" below. A collecting pail and mesh bag to hang on your belt, old wetttable tennis shoes, very warm layered wool clothing (you will get wet), a towel, a change of cloths, a backpack to carry all your stuff, water, a sac lunch, and plenty to snack on. If you have one, bring a clamming rake. If you don't have a clamming rake, you can bring a regular hard steel garden rake. A shovel can be useful only if the sea is calm and no rain occurs before we get there. Prepare for variable coastal weather! While we hope to go through water at only knee level, depending on Mother Nature, you may have to wade through chest high water, slog through muck up to your knees, and climb over large boulders. It is all in a day's adventure!

Meeting Sites: At 7:25am, we'll car pool & caravan to Tillamook from the Arco AM/PM Gas Station on the intersection of the Beaverton-Hillsdale Hwy (Hwy 10) and SW 110th Ave, one block East of I - 217, adjacent to the Home Depot. (See map) Be ready to leave by 7:25am. Your car should have a full tank of gas and you should have gone to the restroom (force yourself - it's the last one you will see for over an hour).

Or meet us in Tillamook on Stillwell Ave, just off 3rd street, it's the road alligned along the west side of the Safeway parking lot: Be there by 8:45am and wait patiently. There is free parking along the side of the street. The exact street location is 321 Stillwell Ave, Tillamook, OR 97141. (See map). The Safeway is supposed to be open by 5am, so go into their bathroom and empty your bladder prior to our arrival (force yourself - it's the last chance you will have for almost 3 hours). Wait patiently in case we get delayed, get to know the other participants, read a book, change into your beach cloths. We'll swing by soon to pick you up and proceed on to the workshop site. You must be there when we arrive or you will miss us.

YOU MUST LET US KNOW where you will be meeting us (Beaverton or Tillamook) and a cel phone number if you have one (in case of an emergency)! Low tide is estimated to be around 9:43am/10:43am.

## **Sea Vegetables, Mussels and Other Seashore Edibles of the Pacific Coast**      \$25+

Sunday, May 2, 2010: Leave Portland at 7:30am, return around 5pm.

Location: Lincoln City, OR.

Sponsor: Wild Food Adventures

Description: Dr Kallas will lead an expedition to the Pacific coast where participants will learn about, identify, and gather samples of wild sea vegetables and seashore edibles during low tide. Find sea vegetables including nori, kombu, sea lettuce, fucus, alaria, laminaria, stir fry seaweed and more. We'll also find, discuss and gather mussels, barnacles, and other coastal edibles.

What to Bring: An Oregon Shellfish license (See below), "only if you plan to collect mussels". Warm layers of clothing, a sack lunch, beverage, collecting bags or buckets (plastic buckets are preferred if you are collecting mussels) that you can hang from your belt, scissors & wet-tolerant footwear (the best footwear for this terraine are old high topped tennis shoes that you don't mind getting wet). It's not a bad idea to bring a small backpack and a waist pack to carry things so that your hands are free while walking through the potentially slippery inter tidal zone. Whatever you wear, it must protect your knees, shins, and hands. No sandals, flip-flops, or soft-soled water socks unless you love bleeding feet, ankles, and shins! Prepare for variable coastal weather!

Meeting Site: Car pool and caravan from the Fred Meyer at 99W: At 7:30am, we leave from the Fred Meyer Parking lot in Tigard on 99W between I-5 and Hwy 217. The parking lot is at the intersection of SW 72nd Ave and 99W. (See map) We'll be meeting under the Fred Meyer sign at the entrance to the parking lot. Be ready to leave by 7:30am. By this time you should have checked in with Dr. Kallas, your car should have a full tank of gas and you should have gone to the restroom (force yourself - it's the last one you will see one for 2 hours).

Or... Meet us in Lincoln City at the Roads End State Parking Area. Be there by 9:20am and wait patiently. Directions to the parking area: At the North end of Lincoln City on Hwy 101 is Logan Road. Finding Logan Road: [Logan Road is between Lighthouse Square {Bi-Mart & Good Will} and Lincoln City Plaza {Rite Aid & Safeway}). Logan road is also across from a MacDonalds.] Prepare to go North about 1 mile on Logan Road (Roads End). On the way you'll pass the Chinook Winds Casino on your left. Continue along the winding road. On your left, around N 60th Ave, is the "Roads End State Beach Wayside" parking area (See map). Use the restrooms and be prepared to car pool the rest of the way. Wait there patiently in case we get delayed, get to know the other participants, read a book, change into your workshop cloths. We'll swing by soon to pick you up and proceed on to the workshop site. You must be there when we arrive or you will miss us. We will travel North up the beach to our destination. **YOU MUST LET US KNOW** where you will be meeting us (Tigard or Lincoln City) and a cel phone number if you have one (in case of an emergency)! Low tide is estimated to be around 10:29am.

## **Native Shores Wild Food Rendezvous** - A 4-Day Wild Food Intensive \$330+ (Discounts & More Detail)

Friday, May 14 - Monday May 17, 2010

Location: Basecamp & Lodge = Rockaway Oregon, with travel Southward along the coast.

Sponsor: Wild Food Adventures

Description: A wild food conference and teach-in using the wisdom of the ancients in the context of current realities. The focus of this event is on the roles seavegetables, shellfish, and coastal wild foods play in survival, primitive living, and simple living. Participants will learn about, use, and gain experience with a variety of wild edibles along with the techniques used to bring them to the table. Everyone attending will share their knowledge, ideas, methods, and wisdom based on their own experiences. Participants arrive and set up on Friday. The program begins Friday evening and ends on Monday noon. Oregon Field Guide, a human interest outdoor regional program covered the Native Shores Rendezvous in 2005. Episode 1703.

What is Provided: Training, hands-on experiences, field trips, projects, and wild food roundtables will occur throughout the four day event. Camping space is provided. Vehicles are in a separate area from camping. Some rooms and bunkhouse accommodations are possible in the lodge. You will be responsible for some of your own meals - though much of what we eat will be wild foods gathered by you and other participants.

What to Bring: Sandwich food for lunches, snacks, fruit. Bring musical instruments, songs, stories, and plant books you use. Base camp is only a short driving distance from town if you run short of supplies. Bring an open mind - you may have to unlearn, relearn, or adjust what you currently "know" about wild foods. Bring a cooperative and helpful attitude so we can make this a great and memorable event for everyone.

For lots more information and to register see our Native Shores page. Advanced registration has its benefits.

## **Mount Adams Wild Food Expedition** \$28+

Saturday, May 22, 2010, 8am - 5pm

Location: Lincoln Plateau, Eastern Side of Mt Adams to the Klickitat River Gorge in Central Washington.

Sponsor: Wild Food Adventures

Description: Come explore with us edible plants of rich meadows, rocky woods, and a gorge of the Eastern Cascades. See beautiful vistas of Mount Adams. We'll find edible blue camas, death camas, Indian celery, St John's wort, American bistort, and more. Wild foods are not so hard to find when you know where to look.

What to Bring: A sac lunch and a beverage. Hiking boots. Prepare for the weather.

Meeting Site: Car pool or caravan with us from the Mall's parking lot at the SW corner of SE 105th Ave and Washington St. Across from Denny's (see map) near the mall sign with Office Max at the top. Be ready to leave this parking area by 8am with a full tank of gas. Use the Denny's restroom if you need to before 8am. This meeting site is about one block East of Mall 205 near the Plaza 205 parking entrance. Do NOT park in the Denny's lot, park in the Plaza 205 lot near the sign.

Or... meet us on the Washington side of Hood River bridge at the Visitor Information Center and Parking area (See Map - one block west of the bridge on State Route 14). Park near the Visitors Center unless there is an event going on. If so, meet at the Western most end of the parking lot. Be there by 9:20am and wait - bring a book to read or make friends with others waiting, in case we get delayed. If you need gas or food there is a Union 76 station one block east of the bridge. We'll swing by soon after that to pick you up and proceed on to the first workshop site. You must be there when we arrive or you will miss us. **YOU MUST LET US KNOW** if you are carpooling from Plaza 205 or meeting us at the Washington parking site!

## **Sea Vegetables, Mussels and Other Seashore Edibles of the Pacific Coast** \$25+

Saturday, May 29, 2010: Leave Portland at **5:50am**, return around **3:50pm**.

Location: Lincoln City, OR.

Sponsor: Wild Food Adventures

Description: Dr Kallas will lead an expedition to the Pacific coast where participants will learn about, identify, and gather samples of wild sea vegetables and seashore edibles during low tide. Find sea vegetables including nori, kombu, sea lettuce, fucus, alaria, laminaria, stir fry seaweed and more. We'll also find, discuss and gather mussels, barnacles, and other coastal edibles.

What to Bring: An Oregon Shellfish license (See below), "only if you plan to collect mussels". Warm layers of clothing, a sack lunch, beverage, collecting bags or buckets (plastic buckets are preferred if you are collecting mussels) that you can hang from your belt, scissors & wet-tolerant footwear (the best footwear for this terrain are old high topped tennis shoes that you don't mind getting wet). It's not a bad idea to bring a small backpack and a waist pack to carry things so that your hands are free while walking through the potentially slippery inter tidal zone. Whatever you wear, it must protect your knees, shins, and hands. No sandals, flip-flops, or soft-soled water socks unless you love bleeding feet, ankles, and shins! Prepare for variable coastal weather!

Meeting Site: Car pool and caravan from the Fred Meyer at 99W: At **5:50am**, we leave from the Fred Meyer Parking lot in Tigard on 99W between I-5 and Hwy 217. The parking lot is at the intersection of SW 72nd Ave and 99W. (See map) We'll be meeting under the Fred Meyer sign at the entrance to the parking lot. Be ready to leave by **5:50am**. By this time you should have checked in with Dr. Kallas, your car should have a full tank of gas and you should have gone to the restroom (force yourself - it's the last one you will see one for 2 hours).

Or... Meet us in Lincoln City at the Roads End State Parking Area. Be there by **7:40am** and wait patiently. Directions to the parking area: At the North end of Lincoln City on Hwy 101 is Logan Road. Finding Logan Road: [Logan Road is between Lighthouse Square {Bi-Mart & Good Will} and Lincoln City Plaza {Rite Aid & Safeway}. Logan road is also across from a MacDonalds.] Prepare to go North about 1 mile on Logan Road (Roads End). On the way you'll pass the Chinook Winds Casino on your left. Continue along the winding road. On your left, around N 60th Ave, is the "Roads End State Beach Wayside" parking area (See map). Use the restrooms and be prepared to car pool the rest of the way. Wait there patiently in case we get delayed, get to know the other participants, read a book, change into your workshop cloths. We'll swing by soon to pick you up and proceed on to the workshop site. You must be there when we arrive or you will miss us. We will travel North up the beach to our destination. **YOU MUST LET US KNOW** where you will be meeting us (Tigard or Lincoln City) and a cel phone number if you have one (in case of an emergency)! Low tide is estimated to be around **8:41am**.

## **Gaper Clam, Butter Clam, and Steamer Clam Dig**      \$25+

(Plus a car pooling contribution (\$3-5 to the driver) - if you carpool)

Sunday, May 30, 2010: Leave Beaverton at **7:05am**, return around **3:10pm**.

Location: Tillamook, OR.

Sponsor: Wild Food Adventures

Description: Learn how to find, dig, transport, clean, and prepare gaper, butter and steamer clams during one of the lowest tides in 2010. Learn gathering regulations and limits. Learn how Native Americans gathered these same clams. The times we meet are dictated by when the tides are low enough to for us to reach the clams.

What to Bring: A 2010 Oregon Shellfish Collecting License. See "All about Licenses" below. A collecting pail and mesh or white plastic bag to hang on your belt, old wetttable tennis shoes, very warm layered wool clothing (you will get wet), a towel, a change of cloths, a garden shovel, a backpack to carry all your stuff, water, a sac lunch, and plenty to snack on. For what we are doing, a square bladed garden shovel works best, A regular taper-bladed garden shovel works better than a narrow clamming shovel. Prepare for variable coastal weather! While we hope to go through water at only knee level, depending on Mother Nature, you may have to wade through chest high water, slog through muck up to your knees, and climb over large boulders. It is all in a day's adventure!

Meeting Sites: At **7:05am**, we'll car pool & caravan to Tillamook from the Arco AM/PM Gas Station on the intersection of the Beaverton-Hillsdale Hwy (Hwy 10) and SW 110th Ave, one block East of I - 217, adjacent to the new Home Depot. (See map) Be ready to leave by **7:05am**. Your car should have a full tank of gas and you should have gone to the restroom (force yourself - it's the last one you will see for over an hour).

Or meet us in Tillamook on Stillwell Ave, just off 3rd street, it's the road alligned along the west side of the Safeway parking lot: Be there by **8:25am** and wait patiently. There is free parking along the side of the street. The exact street location is 321 Stillwell Ave, Tillamook, OR 97141. (See map). The Safeway is supposed to be open by 5am, so go into their bathroom and empty your bladder prior to our arrival (force yourself - it's the last chance you will have for almost 3 hours). Wait patiently in case we get delayed, get to know the other participants, read a book, change into your beach cloths. We'll swing by soon to pick you up and proceed on to the workshop site. You must be there when we arrive or you will miss us.

**YOU MUST LET US KNOW** where you will be meeting us (Beaverton or Tillamook) and a cel phone number if you have one (in case of an emergency)! Low tide is in the bay is estimated to be around **10:20am**.

# June

## **Wild Gourmet Garden Edibles**      \$25

Sunday, June 6, 2010, 1 - 5pm

Sponsor: Wild Food Adventures

Location: An organic farm on Sauvie Island, OR

**Description:** Tired of pulling garden weeds? Get revenge - eat them! Visit an organic farm and make a delectable wild gourmet salad on the spot with other participants. We'll harvest the weeds that the farmers would be pulling. Learn how to identify common, plentiful, nutritious, and flavorful wild vegetables in this field trip. Get real hands-on experience with plants you'll see on a farm and in your own garden. Take advantage of these readily available sources of nutrients, and dietary variety. Wild gourmet garden vegetables plant themselves, enjoy the rich moist growing environment of the garden, and provide many seasons of foods that can add meal options you never dreamed of before. Once you learn these wild foods you can change from a "weeding" to a "harvesting" mentality. Watch a news short on "Edible Weeds by Garden Time TV series here.

**What to Bring:** Bring footwear and clothing appropriate for harvesting on a farm and prepare for the weather - we'll be outdoors the whole time. Bring a salad bowl, a fork, sharp scissors, and a spray mister (like you would spray house plants with to keep them moist). Salad dressing if you have special food requirements.

**Meeting Site & Parking:** Sauvie island. Sauvie island is a 10 mile drive from downtown Portland. Go north towards St Helens on Hwy 30. Turn right onto the Sauvie Island bridge. We'll meet at the parking lot on the far side of the island store (Sam's Cracker Barrel Grocery, 15005 NW Sauvie Island Rd, Portland, OR). We'll car pool and caravan from there to an organic farm. Tri-met bus #17 will take you to the bus stop (#8437 - Gilihan Rd & Sauvie Island Dr) which is about 60 yards from the store. Here is a map to the site.

## **GingerRoot Wild Food Rendezvous - 4-Day Wild Food Intensive**      \$330 (Discounts & More Detail)

Friday, June 11 - Monday June 14, 2010

**Location:** Hood River Valley and the Mt Hood National Forest

**Sponsor:** Wild Food Adventures

**Description:** A wild food teach-in using the wisdom of the ancients in the context of current realities. The focus of this event is on the roles wild foods play in survival, primitive living, and simple living. Participants will learn about, use, and gain experience with a variety of wild edibles along with the techniques used to bring them to the table. At this event, everyone will identify, gather, prepare and eat a wide variety of edible wild plants. Everyone attending will share their knowledge, ideas, methods, and wisdom based on their own experiences. The program begins Friday evening and ends on Monday noon.

**What is Provided:** Training, hands-on experiences, field trips, projects, and wild food roundtables will occur throughout the four day event. Camping space is provided. Vehicles are in a separate area from camping. We might be able to accommodate 2 or 3 self-contained small RVs by prior arrangement only (no RV services or hookups)! We will provide some meals and you will be responsible for some meals. Wherever practical, sustainable, and legal, we will snack on, or add wild foods to our meals.

**What to Bring:** Sandwich food for lunches, snacks, fruit. Hiking boots, leather gloves, and cloths you can get dirty in. Prepare for all kinds of June weather for altitudes ranging from 300 to 2,000 feet above sea level. Bring musical instruments, songs, stories, and plant books you use. We will be 15 minutes drive from the city of Hood River if you run short of supplies. Bring an open mind - you may have to unlearn, relearn, or adjust what you currently "know" about wild foods. Bring a cooperative and helpful attitude so we can make this a great and memorable event for everyone.

For lots more information and to register see our GingerRoot page. Advanced registration has its benefits.

## **White Earth Wild Food Summit- A 4-Day Wild Food Intensive**      \$50

Wednesday, June 16 - Saturday June 19, 2010

**Location:** 17777 County Hwy 31, Little Toad Lake, Frazee, MN 56544

**Sponsor:** White Earth Tribal & Community College

**Description:** Collect foods and prepare them over fire or in a pit in the Hunter/gatherer lifestyle. Learn how to identify and prepare wild foods with Tom Peterson, Steve Dahlberg, Matt Mattson, Francois Medion, Sunny Savage, Sam Thayer, and Stephanie Williams. Get there for the pre-Summit June 14-15 and help the crew set up..

**What is Provided:** Training, hands-on experiences, field trips, and meals Camping space. The location offers primitive camping. Please bring your own drinking water; we have tent sites and port-a-potties. RVs are welcome, but there is NO electricity or running water. Everyone will police their own areas and clean up after shared events.

**What to Bring:** A gathering bag, drinking water, good knife, dishes and utensils, towels, swimsuit, folding chair, toilet paper, lantern, notebook & pencil, tent, bedrolls, jacket & rain gear. No alcohol or drugs are allowed.

For more information and to register visit the Wild Food Summit web site: [http://wildfoodsummit.org/?page\\_id=14](http://wildfoodsummit.org/?page_id=14)

## **Pacific Coast Clam Dig**      \$25+

Sunday, June 27, 2010

**Location:** Tillamook, OR. Leave Beaverton at 6:10am, return around 2:30pm

**Sponsor:** Wild Food Adventures

**Description:** Learn how to find, dig, transport, clean, and prepare cockle clams during one of the lowest tides in 2010. Learn gathering regulations and limits. Learn how Native Americans gathered these same clams. The times we meet are dictated by when the tides are low enough to for us to reach the clams. This is the last clamming event we offer for the season.

**What to Bring:** A 2010 Oregon Shellfish Collecting License. See "All about Licenses" below. A collecting pail and mesh bag to hang on your belt, old wetttable tennis shoes, very warm layered wool clothing (you will get wet), a towel, a change of cloths, a backpack to

carry all your stuff, water, a sac lunch, and plenty to snack on. If you have one, bring a clamming rake. If you don't have a clamming rake, you can bring a regular hard steel garden rake. A shovel can be useful only if the sea is calm and no rain occurs before we get there. Prepare for variable coastal weather! While we hope to go through water at only knee level, depending on Mother Nature, you may have to wade through chest high water, slog through muck up to your knees, and climb over large boulders. It is all in a day's adventure!

Meeting Sites: At 6:10am, we'll car pool & caravan to Tillamook from the Arco AM/PM Gas Station on the intersection of the Beaverton-Hillsdale Hwy (Hwy 10) and SW 110th Ave, one block East of I - 217, adjacent to the new Home Depot. (See map) Be ready to leave by 6:10am. Your car should have a full tank of gas and you should have gone to the restroom (force yourself - it's the last one you will see for over an hour).

Or meet us in Tillamook on Stillwell Ave, just off 3rd street, it's the road alligned along the west side of the Safeway parking lot: Be there by 7:30am and wait patiently. There is free parking along the side of the street. The exact street location is 321 Stillwell Ave, Tillamook, OR 97141. (See map). The Safeway is supposed to be open by 5am, so go into their bathroom and empty your bladder prior to our arrival (force yourself - it's the last chance you will have for almost 3 hours). Wait patiently in case we get delayed, get to know the other participants, read a book, change into your beach cloths. We'll swing by soon to pick you up and proceed on to the workshop site. You must be there when we arrive or you will miss us.

YOU MUST LET US KNOW where you will be meeting us (Beaverton or Tillamook) and a cel phone number if you have one (in case of an emergency)! Low tide is estimated to be around 8:24am / 9:24am.

## July

### Sea Vegetables, Mussels and Other Seashore Edibles of the Pacific Coast

\$25+

Sunday, July 11, 2010

Location: Lincoln City, OR. Leave Portland at 4:40am, return around 2:30pm.

Sponsor: Wild Food Adventures

Description: Dr Kallas will lead an expedition to the Pacific coast where participants will learn about, identify, and gather samples of wild sea vegetables and seashore edibles during low tide. Find sea vegetables including nori, kombu, sea lettuce, fucus, alaria, laminaria, stir fry seaweed and more. We'll also find, discuss and gather mussels, barnacles, and other coastal edibles. This is the last seavegetable event we offer for the season.

What to Bring: An Oregon Shellfish license (See below), "only if you plan to collect mussels". Warm layers of clothing, a sack lunch, beverage, collecting bags or buckets (plastic buckets are preferred if you are collecting mussels) that you can hang from your belt, scissors & wet-tolerant footwear (the best footwear for this terraine are old high topped tennis shoes that you don't mind getting wet). It's not a bad idea to bring a small backpack and a waist pack to carry things so that your hands are free while walking through the potentially slippery inter tidal zone. Whatever you wear, it must protect your knees, shins, and hands. No sandals, flip-flops, or soft-soled water socks unless you love bleeding feet, ankles, and shins! Prepare for variable coastal weather!

Meeting Site: Car pool and caravan from the Fred Meyer at 99W: At 4:40am, we leave from the Fred Meyer Parking lot in Tigard on 99W between I-5 and Hwy 217. The parking lot is at the intersection of SW 72nd Ave and 99W. (See map) We'll be meeting under the Fred Meyer sign at the entrance to the parking lot. Be ready to leave by 4:40am. By this time you should have checked in with Dr. Kallas, your car should have a full tank of gas and you should have gone to the restroom (force yourself - it's the last one you will see one for 2 hours).

Or... Meet us in Lincoln City at the Roads End State Parking Area. Be there by 6:30am and wait patiently. Directions to the parking area: At the North end of Lincoln City on Hwy 101 is Logan Road. Finding Logan Road: [Logan Road is between Lighthouse Square {Bi-Mart & Good Will} and Lincoln City Plaza {Rite Aid & Safeway}). Logan road is also across from a MacDonalds.] Prepare to go North about 1 mile on Logan Road (Roads End). On the way you'll pass the Chinook Winds Casino on your left. Continue along the winding road. On your left, around N 60th Ave, is the "Roads End State Beach Wayside" parking area (See map). Use the restrooms and be prepared to car pool the rest of the way. Wait there patiently in case we get delayed, get to know the other participants, read a book, change into your workshop cloths. We'll swing by soon to pick you up and proceed on to the workshop site. You must be there when we arrive or you will miss us. We will travel North up the beach to our destination. YOU MUST LET US KNOW where you will be meeting us (Tigard or Lincoln City) and a cel phone number if you have one (in case of an emergency)! Low tide is estimated to be around 7:21am.

### Wapato Island Wild Food Expedition

\$25

Saturday, July 31, 2010, 8am - noon

Location: Sauvie Island forests and wetlands - north of Portland. Sauvie Island is at the confluence of the Willamette and Columbia Rivers. While the island is part of Oregon, it is also boarded by Washington State.

Sponsor: Wild Food Adventures

Description: Explore with us edible plants of the place Native Americans called Wapato Island, today known as Sauvie Island. We'll investigate wild foods from marshes, fields, and woods -- including wapato or Indian potato, wild cherry, and more.

What to Bring: Hiking boots, a container if you want to collect blackberries after the workshop, and a Sauvie Island F&W parking permit if you have one. Prepare for the weather.

Meeting Site: Sauvie Island is a 10 mile drive from downtown Portland. Go north towards St Helens on US Route 30. Turn right onto the Sauvie Island bridge. We'll meet on the far side of Sam's Cracker Barrel Grocery store visible from the bridge. Tri-met bus #17 will take you to the bus stop (#8437 - Gilihan Rd & Sauvie Island Dr) then walk north to the grocery. We'll car pool and caravan to various sites from the grocery parking area. Here is a map to the site.

## August

### **Marshmallow, Meringue & S'mores from Wild Plants** \$25

Sunday, August 1, 2010, 1 - 5pm

Location: Portland, OR.

Sponsor: Wild Food Adventures

Description: Learn how to find, gather and process wild plants from which we'll prepare luxurious meringues, marshmallows, and s'mores. Anyone with a sweet tooth will love this wild adventure. See Youtube video here.

What to Bring: Cloths you can get dirty in. Prepare for the weather.

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore. See Map.

### **Wild Foods in Wilderness Survival** \$20

Sunday, August 29, 2010, 1 - 4pm.

Location: Portland, OR.

Sponsor: Wild Food Adventures

Description: Learn how to determine if and when wild foods are desirable to use, which plants to seek, what are your priorities in both recreational and unplanned survival situations. See major poisonous plants. This core workshop provides a deeper understanding for all other workshops. Anyone genuinely serious about wild foods will benefit from this presentation. Lecture/slides/resources & short walk outdoors.

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore. See Map

## September

### **Acorn Pudding & Extracting Volatile Oils** \$ 25

Saturday, September 25, 2010, 8am - noon.

Sponsor: Wild Food Adventures

Location: Portland, OR

Description: Get hands-on experience on how some wild plants are processed for grain, flour, and essential oils. We'll see how to shell, grind, process and leach acorns so that they transform into wonderful additions to breads, muffins, pancakes, and pudding. By the end of the workshop we'll have gone from bitter acorns in the shell to a sweet acorn pudding that any normal human would enjoy. Also learn how to make a distillation setup from simple kitchen ware. We'll make a distillate from mint that you could use to flavor teas, use in cooking or aroma therapy.

What to Bring: Cloths you can get dirty in. A hammer. Latex gloves if you have delicate hands to protect you against the tannins. And if you have access to them, your own acorns (large only), and mint or lemon balm cuttings for the distillation process.

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore. See Map

### **Neighborhood Foraging - Fall Harvest of Fruits, Nuts, & Vegetables** \$22

Sunday, September 26, 2010, 1 - 4pm

Location: Portland, OR. Sponsor: Wild Food Adventures

Description: We'll bushwhack through Portland's urban neighborhoods to find some of Fall's best and diverse delectables - nuts, fruits, and greens. Wild as well as landscaped edibles will be devoured. You will later find most of this abundance in your own neighborhood.

What to Bring: Prepare for the weather, comfortable walking shoes that can get dirty.

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore. See Map

# October

## **The Incredible Cattail - From Survival to Pancakes**     \$25+

Saturday, October 9, 2010, 9am - 3pm

Location: Portland, OR

Sponsor: Wild Food Adventures

Description: Get hands-on experience on how cattail rhizomes can be used for emergency survival food to processed flour for breads, ash cakes, muffins, and pancakes. We'll see how to identify, gather, peel, process and cook cattail cores so that they transform into a flour-like food source. By the end of the workshop we'll have gone from swamp roots to delicate pancakes that any normal human would enjoy. See Portland Tribune article [here](#).

What to Bring: We will be venturing into a swamp, bring cloths you can get dirty in from head to toe (our location and weather conditions will determine whether we are in a dried mud bed or in an open shallow pond to our knees and how warm your cloths should be), a change of cloths (that can still get dirty but will be dry), a big beach towel, and a plastic bag to transport the wet cloths in. All others should just bring cloths they can get dirty in. Bring a sac lunch and beverage. And if you have them, a cutting board and kitchen Knife [with a straight dull side (opposite the blade)].

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore. See Map. We'll car pool to the swamp from this location and end up back at Wild Food Adventures to clean, process, and cook up the cattails. You can also meet us in Scappoose in front of the Dairy Queen parking lot (see Map). Be there by 9:25am and wait patiently until we drive by to pick you up. **YOU MUST LET US KNOW** where you will be meeting us (Portland or Scappoose) and a cel phone number if you have one (in case of an emergency)! If no one calls us, we will not be stopping at the Dairy Queen.

## **Wild Foods of Native Americans**     \$20

Sunday, October 10, 2010, 1 - 4pm

Location: Portland, OR.

Sponsor: Wild Food Adventures

Description: Explore traditional foodways of Pacific Northwest Native Americans. Discover foods that were used and how they were prepared and stored. Food Caches, berry collecting techniques, pemmican, fruit leathers. This core workshop provides a deeper understanding for all other workshops. Anyone genuinely serious about wild foods will benefit from this presentation.

Lecture/slides/resources & short walk outdoors.

Meeting Site: Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217. SW of N Interstate & Skidmore.

### **To Register for Workshops and Events...**

Use the [registration form](#) at our web site. We do not take credit cards. While you can print forms, you cannot register over the internet or through e-mail - though we may do PayPal in the near future. Using our forms, you can register by Postal (snail mail) and pay by check or money order. Register early to guarantee a spot, walk-ons may be turned away if our size limit is reached.

### **Notes About the Workshops Above**

The information here may change and additions may be made without notice – check the web site for late changes.

A "+" by a price below, signifies that a car pooling and/or park entry contribution may be appropriate.

If you are the driver, your riders voluntarily contribute to your expenses.

Participants always have the option of arranging to meet us at the site.

A double asterisk "\*" signifies that Dr. Kallas is presenting at an event sponsored by an institution other than Wild Food Adventures.

If there is a charge, you must pay those institutions directly.

Events are held regardless of weather, so prepare for wind & rain.

### **Recreational Shellfish Licenses**

Recreational Shellfish Licenses are now required for anyone over 13 years of age to collect shellfish in Oregon. In-state licenses are \$6.50/year, Out of state licenses are \$9 for 3 days or \$16.50/year. 3-Day licenses must specify the days you intend to do the collecting. You must have the License with you during the workshop or you will only be allowed to watch. If shellfish are found in your possession on the beach and you do not have a license, the fine is \$75 and up. Licenses can be purchased "PRIOR" to our events at any Oregon Fred Meyer, GI Joes, Bi-Mart, and other sporting goods stores. If you have any questions call the Oregon Department of Fish and Wildlife at 800-720-6339 or 503-947-6000. There is an informational page at <http://www.dfw.state.or.us/FF/shellfish.htm>. Licenses can be ordered by mail but the process takes about a month. DO NOT wait until the last minute!

Note that a license does not allow us the ability to collect shellfish if there is a marine toxin advisory from the Department of Fish & Wildlife, The Department of Health, or the USDA.

### **Receive Convenient Workshop Reminders and Updates**

E-mail us your contact information with a request to be on workshop notification list. Our E-list is private - it is not given or sold to anyone. Persons within the Western States will receive about 8 E-mails/year. Beyond that about 4 E-mails/year. The typical content includes upcoming events and wild food related news. We request physical address, not because we postal mail you anything, but because that is how our database manages information and who to notify about what. So to be on our private workshop notification list, please e-mail us the following:

- Name...
- Physical address...
- Phone... (used only, if necessary, when you sign up for something or we otherwise have business with you. Not for marketing)
- Tell us how or where you discovered us...

If you only send us your name and e-mail address, or just e-mail address, these problems may occur:

1. You will get entered as a different person each time you contact use resulting in multiple E-mails you do not want.
2. You will get all the e-mails we send out no matter where you are in North America because we do not know where you are. If we know here you are, we will only send e-mails that apply to people in your area.

### **Gift Certificates**

You can order \$25 Gift Certificates that are good for admission to any one day-long event in 2010. This covers everything but car pooling contributions. A \$30 Gift Certificate includes the car pooling contribution. Both \$25 and \$30 Certificates allow the giftee to choose which workshop to attend. Gift Certificates can also be ordered for specific workshops at their actual price - car pooling not included. Workshops with car pooling are indicated by a "+" next to the price.

### **Yearly Updates**

Events and dates offered are updated between November and February for each year. If you see old dates, check back later or contact us with questions.

### **Discounts**

Discounts are available on our registration form for families that attend together, Native Americans, full time students and scout leaders.

### **Contact Information**

Wild Food Adventures, 4125 N Colonial Ave, Portland, OR 97217, 503-775-3828, [mail@wildfoodadventures.com](mailto:mail@wildfoodadventures.com)