



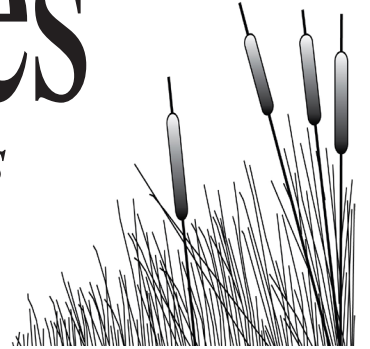
John Kallas has a Ph.D. in nutrition, and a Masters in education. He's a trained botanist, nature photographer, writer, researcher, and teacher. John has led expeditions on wild foods for over 30 years. He's published a Wild Food book, 10 years of newsletters and the Wild Food Primer.

Wild Food Adventures

Nature Walks, Workshops, & Expeditions

For meeting locations & more, visit www.wildfoodadventures.com

Each 2012 event is open to the public and designed for everyone from beginning to advanced foragers. Workshops are within driving distance of Portland, OR. Prices are based on a sliding scale.



Edible Plants on the First Days of Spring

March 25, Sunday, 1 - 4pm, \$25 - \$40. Meet at Sauvie Island. Join us at a uniquely diverse habitat to see what nature has to offer at the end of winter. Let the first day of spring be your guide to plants for the rest of the year.

Introduction to Wild Foods

March 31, Saturday, 9am - noon, \$20 - \$35. Meet on Mount Tabor. Core workshop. Learn wild food essentials, books, resources, and field guides. Be successful early on, sample plants, get expert advice.

Pacific Coast Clam Dig

April 7, Saturday, 6:20am - 2pm, \$25 - \$50. Carpool or meet in Tillamook. Learn how to collect, transport, clean, & prepare cockle clams during one of the lowest tides in 2012. Shellfish permit required - see web site for details.

Sea Vegetables of the Pacific Coast

April 8, Sunday, 5:45am - 3pm, \$25 - \$50. Carpool or meet in Lincoln City. Identify, taste & collect seaweeds & mussels during one of the lowest tides in 2012. No sandals, flip flops or bare feet. Shellfish permit required for mussel collection.

Wild Food Presentation & Book Signing

April 12, Thursday, 7 - 9pm, \$5. Meet at Marshall Union Manor. Learn common edible plants near your kitchen and how to enjoy them as normal foods in everyday meals. Learn how to judge plant books. Lecture/slides/books.

Wild Foods of a Forest Park Spring

April 14, Saturday, 9 - noon, \$25 - \$40. Meet in Forest Park. The classic PNW forest. See plants like wild violet, Solomon's seal, fairy bells, wild ginger and other plants populating this old growth forest.

Spring Harvest of Greens & Vegetables

April 15, Sunday, 1 - 4pm, \$25 - \$40. Meet at Wild Food Adventures. We'll bushwhack through Portland's urban wilds to find some of spring's best and delectable greens & vegetables. Come prepared to eat from this wild supermarket!

Wild Foods of Oxbow's Old Growth Forest

April 22, Sunday, 1 - 5pm, \$25 - \$40. Carpool or meet at Oxbow. Learn about trees, shrubs, and herbs found at Oxbow by the Sandy River Gorge. Find edibles including fiddlehead, huckleberry & more.

Native Shores Rendezvous — Wild Food Intensive

May 4 - 7, (Fri-Mon), \$330. Discounts available for early registration. A wild food teach-in focusing on experience. Learn seaweeds, shellfish, & coastal wild plants exploring the roles they play in survival, primitive living, and simple living. Feast each night. See web site for much necessary detail.

Wild Foods & Self Reliance

May 12, Saturday, 9 - noon, \$22 - \$40. Meet at Marshall Union Manor. Learn wild foods for great benefit in your daily life with the least work. This core workshop provides a deeper understanding for other events. Lecture/slides/resources.

Wild Foods of Jessup Bluff

May 13, Sunday, 1 - 4pm, \$25 - \$40. Meet at Jessup Bluff — see web site. We'll bushwhack through one of Portland's most diverse habitats to find some of spring's best and delectable greens & vegetables. Field and woodland.

Butter, Steamer & Gaper Clam Dig

June 23, Saturday, 8:20am - 4pm, \$25 - \$50. Carpool or meet in Tillamook.

Sea Vegetables of the Pacific Coast

June 24, Sunday, 7:45am - 5pm, \$25 - \$50. Carpool or meet in Lincoln City.

GingerRoot Rendezvous — Wild Food Intensive

June 29 - July 2, (Fri-Mon), \$330. Discounts available for early registration. A wild food teach-in focusing on experience. Learn inland wild foods exploring the roles they play in survival, primitive living, and simple living. Visit swamps, valleys & mountain forests. Feast every night. See web site for important details.

Wild Foods From Dirt to Plate

July 8, Sunday, 1 - 5pm, \$25 - \$40. Meet at Sauvie Island, OR. Tired of pulling garden weeds? — get revenge — eat them! Learn which wild vegetables are edible, nutritious, and how to prepare them. Gather, prepare & eat a wild gourmet salad. Based on the book: Edible Wild Plants.

Wild Fruits of NW Forests

July 14, Saturday, 9 - noon, \$25 - \$40. Meet in Forest Park, OR. Learn wild fruits and other edible plant parts found in northwest forests. See plants like huckleberry, salmonberry, oregon grape, elderberry, gooseberry, wild current, wild haws, fairbells, saskatoons, & familiar fruits you want to know more about.

Pacific Coast Clam Dig

July 21, Saturday, 7:20am - 3pm, \$25 - \$50. Carpool or meet in Tillamook.

Sea Vegetables of the Pacific Coast

July 22, Sunday, 6:40am - 4pm, \$25 - \$50. Carpool or meet in Lincoln City.

Wapato Island Wild Food Expedition

July 28, Saturday, 8am - noon, \$25 - \$40. Meet at Sauvie Island. 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 Indian potato, wild cherry & more.

Wild Foods in Wilderness Survival

July 29, Sunday, 1 - 4pm, \$22 - \$40. Meet at Marshall Union Manor. Learn 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. Core workshop. Lecture/slides/resources.

Incredible Cattail - From Survival to Pancakes

Sept 1, Saturday, 9am - 3pm, \$25 - \$50. Meet at Wild Food Adventures. Get hands-on experience identifying, collecting, processing, & eating cattail rhizome cores from fresh vegetable to pancake flour.

Wild Foods of Native Americans

Sept 2, Sunday, 1 - 4pm, \$22 - \$40. Meet at Wild Food Adventures. Learn foodways of Pacific Northwest Native Americans. Discover foods used & how they were prepared & stored. Food Caches, berry collecting techniques, pemmican, fruit leathers. Core workshop. Lecture/slides/resources.

Acorn Pudding & Volatile Oils

Sept 29, Saturday, 8am - noon, \$25 - \$40. Meet at Wild Food Adventures. Get hands-on experience processing mint to distill out its volatile oil, and we'll transform bitter acorns in the shell to a sweet acorn pudding.

Fall Harvest of Nuts Fruits & Vegetables

Sept 30, Sunday, 1 - 4pm, \$25 - \$40. Meet at Wild Food Adventures. We'll bushwhack through Portland's urban wilds to find some of fall's best and diverse delectables — nuts, fruits, and greens. Wild as well as landscaped edibles will be identified. Come prepared to eat from this wild supermarket!