

The Wild Food Primer

*Your guide to learning about and using edible wild plants
and other foragables (3rd Edition)*

John N. Kallas, Ph.D.

Tawny Day
Lily Flower

Cattail
Corn

Noodles
with Wild
Clam Sauce



Fresh Wild Salad
Wild Spinach, Wild
Mustard Leaves
Chickweed

Tawny Day
Lily Buds

Cooked Greens
Amaranth Leaves
Dandelions
Wild Spinach

A Gourmet Meal That You Too
Could Gather from the Wild

Contents

Author & Publication Information	2
Edible Wild Plants Defined	3
Getting Started with Wild Foods	4
Successful Experimentation	6
Principles to Live & Forage By	7
List of Books	8
Choosing the Right Books	10
Finding the Best Instructor	12
Gathering Etiquette	14
Other Wild Food Resources	15
Newsletters, Library, Internet	15

Wild Food Adventures, John Kallas, Ph.D., Director
4125 N Colonial Ave, Portland, OR 97217
(503) 775-3828 mail@wildfoodadventures.com
www.wildfoodadventures.com