



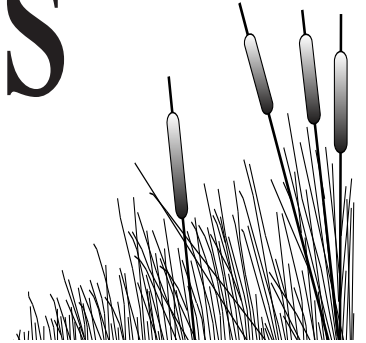
John Kallas has a Ph.D. in nutrition, and a Masters in education. He's a trained botanist, nature photographer, writer, researcher, and teacher. John has led expeditions on wild foods for over 30 years. He's published a Wild Food book, 10 years of newsletters and the Wild Food Primer.

Wild Edible Plants

Nature Walks, Workshops, & Expeditions

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

Each 2010 event is open to the public and designed for everyone from beginning to advanced foragers. Most workshops are within driving distance of Portland, OR. Internships, research mentoring, and advanced training are available.



Introduction to Wild Foods

March 27, Saturday, 9am - noon, \$18. Meet on Mount Tabor. Core workshop. Learn wild food essentials, books, resources, and field guides. Be successful early on, sample plants, get expert advice.

Emerging Wild Greens of Spring

April 3, Saturday, 9am - noon, \$22. Meet at Hoyt Arboretum. Discover nature's earliest spring greens, shoots, and roots, the first foods to arise after a long cold winter. See fireweed, nettles, and more.

Wild Foods of a Forest Park Spring

April 11, Sunday, 1 - 4pm, \$22. 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.

Wild Foods of Oxbow's Old Growth Forest

April 17, Saturday, 9am - 1pm, \$25+. 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.

Spring Harvest of Greens & Vegetables

April 25, Sunday, 1 - 4pm, \$22. 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!

Pacific Coast Clam Dig

May 1, Saturday, 7:25am - 3:30pm, \$25+. Carpool or meet in Tillamook 8:45am. Learn how to collect, transport, clean, & prepare cockle clams during one of the lowest tides in 2010. Shellfish permit required - see web site for details.

Sea Vegetables of the Pacific Coast

May 2, Sunday, 7:30am - 5pm, \$25+, Carpool or meet in Lincoln City at 9:20am. Identify, taste & collect seaweeds & mussels during one of the lowest tides in 2010. No sandals, flip flops or bare feet. Shellfish permit required for mussel collection.

Native Shores Rendezvous — 4-Day Intensive

May 14 - 17, (Fri-Mon), \$330+. Discounts available for early registration. A wild food teach-in focusing on experience. Eat lots of seaweeds, shellfish, & coastal wild plants while exploring the roles they play in survival, primitive living, and simple living. See web site for much necessary detail.

Mount Adams Wild Food Expedition

May 22, Saturday, 8am - 5pm, \$28+. Carpool or meet in Washington. We'll explore edible and poisonous plants from the eastern side of Mt Adams in the Lincoln Plateau. We'll find camas, Indian celery & more.

Sea Vegetables of the Pacific Coast

May 29, Sat, 5:50am - 3:50pm, \$25+, Carpool or meet in Lincoln City at 7:40am. Identify, taste & collect seaweeds & mussels during one of the lowest tides of 2010. No sandals, flip flops or bare feet. Shellfish permit required for mussel collection.

Gaper, Butter, & Steamer Clam Dig

May 30, Sunday, 7:05am - 3:10pm, \$25+. Carpool or meet in Tillamook 8:25am. Learn how to collect, transport, clean, & prepare deep seated clams during one of the lowest tides in 2010. Shellfish permit required - see web site for details.

Wild Gourmet Garden Vegetables

June 6, Sunday, 1 - 5pm, \$25. 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. Bring a salad bowl & fork.

GingerRoot Rendezvous — 4-Day Intensive

June 11 - 14, (Fri-Mon), \$330+. Discounts available for early registration. A wild food teach-in focusing on experience. Eat lots of inland wild foods while exploring the roles they play in survival, primitive living, and simple living. Visit swamps, valleys & mountain forests. See web site for important details.

Pacific Coast Clam Dig

June 27, Sunday, 6:10am - 2:30pm, \$25+. Carpool or meet in Tillamook 7:30am. Learn how to collect, transport, clean, & prepare cockle clams during one of the lowest tides in 2010. Shellfish permit required - see web site for details. Last of season.

Sea Vegetables of the Pacific Coast

July 11, Sun, 4:40am - 2:30pm, \$25+, Carpool or meet in Lincoln City at 6:30am. Identify, taste, & collect seaweeds & mussels during one of the lowest tides in 2010. No sandals, flip flops or bare feet. Shellfish permit required for mussel collection.

Wapato Island Wild Food Expedition

July 31, Saturday, 8am - noon, \$25+. 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.

Marshmallow, Meringue & S'mores from Plants

August 1, Sunday, 1 - 5pm, \$25. Meet at Wild Food Adventures. Get hands-on experience collecting, processing, and preparing wild plants into popular confections like marshmallow, meringue, and s'mores. Bring your sweet tooth - we'll finish off the workshop by eating fresh wild s'mores.

Wild Foods in Wilderness Survival

August 29, Sunday, 1 - 4pm, \$20. Meet at Wild Food Adventures. 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.

Acorn Pudding & Volatile Oils

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

Fall Harvest of Nuts Fruits Greens

September 26, Sunday, 1 - 4pm, \$22. 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!

Incredible Cattail - From Survival to Pancakes

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

Wild Foods of Native Americans

October 10, Sunday, 1 - 4pm, \$20 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.