

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 35 years. He's published 2 books on Edible Wild Plants.

Wild Food Adventures®

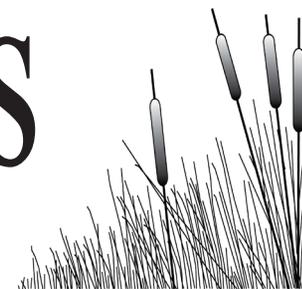
Nature Walks, Workshops, & Expeditions

For meeting locations & more, visit: wildfoodadventures.com

Each 2024 event is open to the public and designed for everyone from beginning to advanced foragers. Most workshops are within a 2 hour driving distance of Portland, OR. Most prices are based on a sliding scale.

Join our Notification List for Future Events: E-mail your name street address & phone to mail@wildfoodadventures.com

2024



Wild Foods of Winter

March 16, Sat, 9am-Noon, \$30 - \$60, Meet at Wild Food Adventures. Join us at uniquely diverse habitats to see what nature has to offer during NW winters. Learn what you can realistically gather when most plants are dormant.

Edible Plants on the First Days of Spring
March 30, Sat, 9am-Noon or 1-4pm, \$30 - \$60. 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 days of spring be your guide to plants for the rest of the year.

Introduction to Wild Foods

April 7, Sun, 1-4pm, \$30 - \$60, Meet at Wild Food Adventures. This is a core workshop covering essentials, books, resources, and field guides. Be successful every year, sample plants, get expert advice.

Sea Vegetables of the Pacific Coast

April 13, Sat, \$35 - \$60, Meet in Garibaldi, OR. Identify, taste & collect a variety of sea vegetables during one of the lowest tides in 2024. No sandals, flip-flops or bare feet. See web site for details.

Wild Foods of NW Forests

April 14, Sun, 9am-Noon or 1-4pm, \$30 - \$60. NW Portland. See plants like wild violet, fairy bells, wild ginger and other plants populating all NW forests.

Wild Foods of Oxbow's Old Growth Forest

April 20, 1-4pm, \$35 - \$60. Oxbow Park Natural Area. Learn about trees, shrubs, and herbs found at Oxbow by the Sandy River Gorge. Find edibles including fiddlehead, huckleberry, salmonberry, nettles & many more.

Wild Foods of Springwater Corridor — Part 1

April 21, Sun, 1-4pm, \$30 - \$60. Meet at Springwater Natural Area. We'll explore the wild foods of one of Portland's most diverse and continuous natural areas — spring abundance of native & introduced wild edibles.

Neighborhood Foraging - Spring

April 27, Sat, 9am-noon, \$30 - \$60. Meet at Wild Food Adventures. We'll bushwhack through Portland's urban wilds to find some of spring's best & delectable greens & vegetables. Come prepared to snack from this wild supermarket!

Butter, Steamer & Gaper Clam Dig

April 28, Sun, \$35 - \$60. Meet in Tillamook, OR. Learn how to collect, transport, clean, & prepare bay clams during one of the lowest tides in 2024. Shellfish permit required - see web site for details.

Mussels, Barnacles & Seashore Edibles

May 11, Sat, \$35 - \$60, Meet at Hug Point State Park. Learn how to collect, transport, clean, & prepare pacific coast mussels, barnacles, and coastal wild plants during one of the lowest tides in 2024.

Sea Vegetables of the Pacific Coast

May 12, Sun, \$35 - \$60. Meet in Garibaldi, OR (See April 13 Description)

Wild Foods of Vancouver Greenways

May 18, Sat, 9am-noon \$30 - \$60. Salmon Creek, Vancouver, WA. We'll explore the wild foods of one of Vancouver's most diverse and continuous natural areas — spring abundance of native & introduced wild edibles.

Wild Foods of The Oregon Trail

May 19, Sun, 1-4pm \$30 - \$60. Oregon City, OR. We'll explore the wild foods of one of Oregon City's most diverse natural areas — spring abundance of native & introduced wild edibles.

Pacific Shores Rendezvous — Wild Food Intensive

May 24-27, Fri-Mon, \$415. Discounts for early registration, Rockaway, OR. Learn seaweeds, shellfish, & coastal wild plants exploring the roles they play in everyday life, self-reliance, recreation, and survival. Feast each night. See web site.

Jessup Bluff's Fennel Forest

June 2, Sun, 1-4pm \$30 - \$60. Jessup Bluff, Portland. We'll bushwhack through Portland's fennel forest to find some of spring's best and delectable greens & vegetables. Trees, shrubs & herbs of bluff, field and woodland.

Butter, Steamer & Gaper Clam Dig

June 8, Sat, \$35 - \$60. Meet in Tillamook, OR. (See April 28 Description)

Sea Vegetables of the Pacific Coast

June 9, Sun, \$35 - \$60. Meet in Garibaldi, OR (See April 13 Description)

Wild Fruits of NW Forests — Part 1

June 15, Sat, 9am-noon, \$30 - \$60. Southwest Portland. Learn wild fruits & more in NW forests. Learn huckleberry, salmonberry, oregon grape, elderberry, gooseberry, wild current, hawthorn, fairybells, saskatoons & more.

GingerRoot Rendezvous — Wild Food Intensive

June 21-24, Fri-Mon, \$415. Discounts for early registration, Silverton, OR. Learn inland wild foods, exploring the roles they play in everyday life, self-reliance, recreation & survival. Visit swamps, valleys & forests. Feast every night. See web.

Wapato Island Wild Food Expedition

June 29, Sat, 8:30am-noon, \$30 - \$60. Meet at Sauvie Island. Sauvie Island is also known as wapato island. We'll learn wild foods from marshes, fields, and woods — including wild marsh potato, woksas, blackberry & more.

Mussels, Barnacles & Seashore Edibles

July 7, Sun, \$35 - \$60, Meet at Hug Point State Park. (See May 11 Description)

Farm to Table Wild Food Salad

July 20, Sat, 8am-noon, \$35 - \$60. Meet in NE Portland, OR. Forage for wild foods around an organic farm. Learn which wild vegetables are edible, nutritious, and how to prepare them. Gather & eat your own wild salad.

Wild Foods of Sellwood & Oaks Parks

July 27, Sat, 9am-noon, \$30 - \$60. Meet by Sellwood Park. We'll bushwhack through Portland's urban wilds to find some of fall's best and diverse delectables — nuts, fruits, and vegetables. PNW & introduced wild edibles.

Butter, Steamer & Gaper Clam Dig

August 4, Sun, \$35 - \$60. Meet in Tillamook. (See April 28 Description)

Wild Foods of Springwater Corridor — Part 2

August 10, Sat, 9am-noon, \$30 - \$60. Meet at Springwater. We'll explore the wild foods of one of Portland's most diverse and continuous natural areas — summer nuts, fruits, and vegetables. PNW & introduced wild edibles.

Smores from Marsh Mallow Plants

August 18, Sun, 1-4pm, \$25 - \$60. Meet at Wild Food Adventures. We'll forage, process and make real marshmallows & smores from mallow roots.

Fall Harvest of Nuts Fruits & Vegetables

Sept 1, Sun, 1-4pm, \$30 - \$60. Meet by Overlook Park. 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.

Wild Fruits of NW Forests — Part 2

Sept 28, Sat, 9am-noon, \$30 - \$60. Southwest Portland. Learn wild fruits & more in NW forests & fields. See sumac, hawthorn, blackberry, wild grape, crab apples, choke cherry, wild rose, plantain grain, & poison hemlock.

Acorn Pudding & Volatile Oils

Sept 29, Sun, 1-5pm, \$35 - \$60. Meet at Wild Food Adventures. We'll transform bitter acorns to a sweet acorn pudding and extract volatile oil from mint or some other wonderfully aromatic plant. Gather acorns or your favorite mint.

Register in advance to reserve a space. To reserve a space, registrations must be received prior to the event. Walk-ons may be turned away if our size limit is reached. Registration is limited to keep class size low.

Meeting sites are listed at the web site. Small carpooling, license, or park entrance fees may apply. For information or to register, visit <http://wildfoodadventures.com>, call (503) 775-3828, or write Wild Food Adventures, 422 SE 49th Ave, Portland, OR 97215.