

Presents

SPRINGTIME EDIBLES OF WESTERN WASHINGTON



Discover the wild edible foods that are available in both urban and rural areas around Bellingham with emphasis on foods that are in season. Learn foraging safety and how to identify plants, how to harvest sustainably and the seasonal availability of foods. Harvest and prepare select wild edibles as well as enjoy slide show presentations and lectures that will supplement your hands-on experiences. Please note: the day includes walks on trails with some uneven terrain.

- Foraging safety and how to identify plants
- Harvesting sustainably and seasonal availability of foods
- Harvest and preparation of select wild edibles

When: April 30, from 10AM-3PM (bring a sack lunch)

Where: Arcadia, our new teaching facility. 2582 Northshore Rd. Bellingham WA

Registration: \$50 + tax;

Contact abe@cascadianfood.net, 360 303-1339

About the Instructor: T. Abe Lloyd is an ethnobotanist that specializes in food plants that are traditionally used by Coast Salish and other Indigenous Peoples in the PNW. In 2012, Abe earned a master's degree from the prominent ethnobotanist, Nancy J. Turner, and began instructing university courses related to ethnobotany and natural history at WWU and Whatcom Community College. Abe also founded Salal, the Cascadian Food Institute with his wife to help revitalize Indigenous food traditions through consultation with Native American Tribes, writing (look for his book "Wild Berries of Washington and Oregon"), lectures, and hands-on workshops such as this one. He and his wife are passionate foragers and regularly incorporate wild foods into their diets.

