



# Foraging Oregon: Finding, Identifying, and Preparing Edible Wild Foods in Oregon (Foraging Series)

*Christopher Nyerges*

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From wild carrot to serviceberries, pineapple weed to watercress, lamb's quarter to sea rocket, *Foraging Oregon* uncovers the edible wild foods and healthful herbs of the Beaver State. Helpfully organized by plant families, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

**This guide also includes:**

- Elderberry Sauce
- Mia's Chickweed Soup
- Fireweed Jelly
- Shiyo's Garden Salad
- Vegetable Chips
- Stinging Nettles Hot Sauce
- Wild Bread
- Northwest Brickle



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