

## Suggested Reading List

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Jennifer Hahn (the founder and continued trip leader with Elakah) recommends the following books for learning about wild-harvesting from sea and land:

Pacific Northwest Ethnobotany and First Nation Uses:

- *The Feast is Rich: A Guide to Traditional Coast Salish Indian Food Gathering and Preparation* by Carol Batdorf. Published by Whatcom Museum of History and Art, 1980.
- *Food Plants of Coastal First Peoples* by Nancy J. Turner. Published by University of Washington Press, 1995. ISBN 0774805331.
- *Food Plants of Interior First Peoples* by Nancy J. Turner. Published by University of British Columbia Press. ISBN 077-48-06060.
- *Northwest Harvest* by Carol Batdorf. Published by Hancock House, 1990. ISBN 0-88839-245-1.
- *Plant Technology of the First Peoples* by Nancy J. Turner.
- *Teaching of the Tides: Uses of Marine Invertebrates by the Manhouset People* by David Ellis and Luke Swan (a Manhouset elder). Published by Theytus Books, 1981. ISBN 0919441025. (An excellent resource for native harvesting and preparation of clams to chitons. Myths too.)
- *Wild Coffee and Tea Substitutes of Canada* by Nancy J. Turner. Published by Canada Communication Group Publishing. ISBN 066-000-903.
- *Wild Green Vegetables of Canada* by Nancy J. Turner. ISBN 066-0103427.

Pacific Northwest Plants and Natural History:

- *The Beachcomber's Guide to Seashore Life* by Duane J. Sept. Published by Harbour Publishing, 1995.
- *Discovering Wild Plants: Alaska, Western Canada and the Northwest* by Janice J. Schufield. Published by Northwest Books, 1989 (Fourth printing in 1998). (A great resources for those who want more ethnobotanical information and color photos/illustrations.)
- *The Natural History of Puget Sound Country* by Arthur Kruckeberg. Published by University of Washington Press, 1991.
- *Plants of the Pacific Northwest Coast* by Jim Pojar and Andy MacKinnon. Published by Lone Pine Publishing, 1994.
- *Seashore Life of the Northern Pacific Coast* by Eugene Kozloff. Published by the University of Washington Press, 1993. (A leading book on Northwest marine life.)
- *Seashore of the Pacific Northwest* by Ian Sheldon. Published by Lone Pine Publishing, 1998. ISBN 1551051613. (A good field guide for kayakers.)