



Lettuce and weed sorrel. Rabbit like licorice root. Running squirrel nest. Running squirrel mine it all together for his famous WILD SALAD.

Lemon balm, mustard and weed sorrel (for a "dry taste") + miners lettuce, weed violets and chickweed (for "moistness").

near Delugan Falls  
Skamania County, WA  
29 September 2010

"Only the top three leaves are taken, a plant will regrow. If cut off at the ground, it dies. Most people, they want the whole plant."

wood sorrel

RUNNING SQUIRREL  
Cherokee Forager

# SUSTAINABILITY

Respect Mother Earth. Respect the land. Learn from the animals. When foraging always leave something behind for whoever comes next. In this way, you're sure to find something when you come back.

Her answer was to eat what the animals eat: elk eat ferns, skunk cabbage and licorice root. Deer search for miners

WHEN THE INDIANS CAME UPON A NEW LAND AND DIDN'T KNOW WHAT TO EAT, THEY ASKED MOTHER EARTH FOR GUIDANCE