

Seek & Find Foraging Adventure

Welcome to the Wild Wonders
of the Pacific Northwest!

This companion booklet highlights common foods + medicines that can be foraged, and animals that help nature thrive. As you go about your search, you can learn the relationships that support the wild and abundant life found west of the Cascade Mountains.

As you search for plants and animals always, remember - you're a guest in their home. Be respectful of the land and its inhabitants as you appreciate the wonders:

- Stay on the trails and keep nature safe.
- Look closely, but do not pick or take.
- Be gentle with the land, the river, and all who live here.

Take Time to Be Still:

Sometimes the best discoveries happen when you pause. Watch the space between the leaves. Listen to the river. Wonder about how each plant, bug, bird, or fish has a role in helping life grow and thrive.

Your Mission:

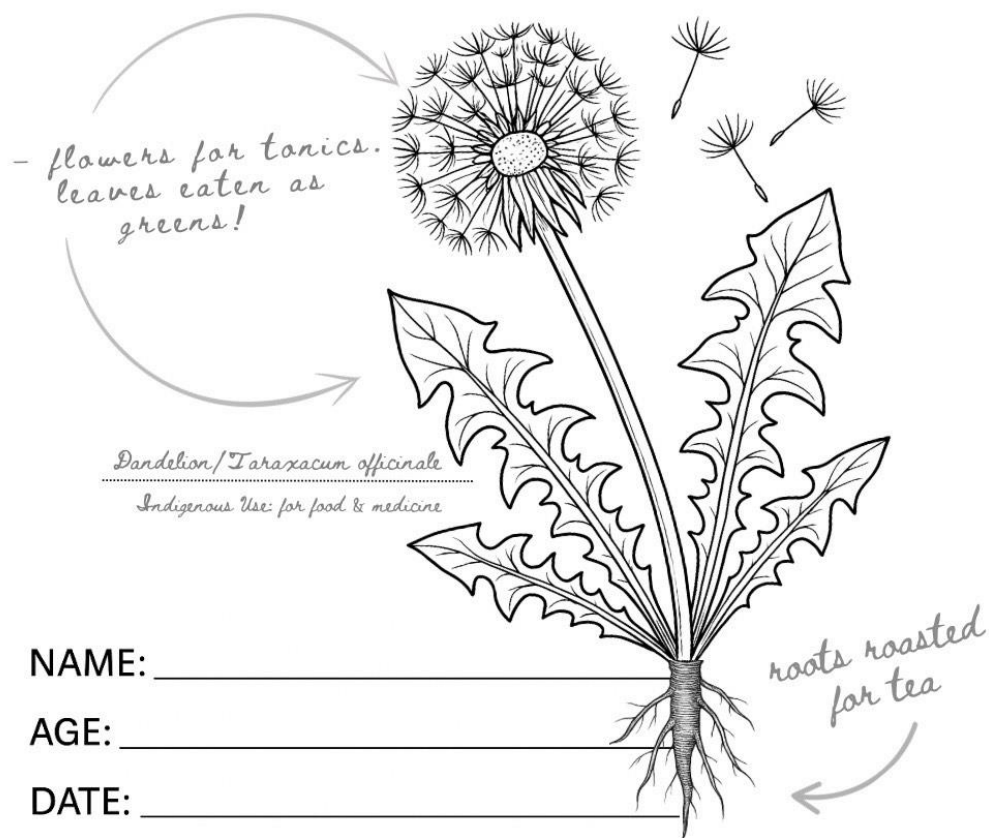
Seek with your eyes, find with your heart, and color in what you discover. When you've finished, bring your guide to the camp host to celebrate your adventure.

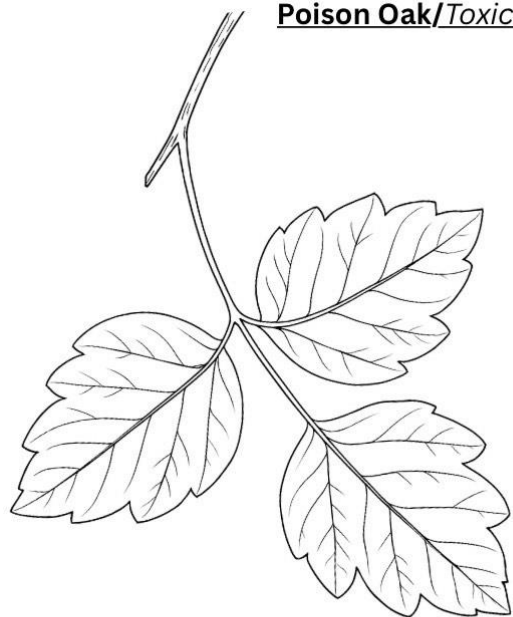


Seek & Find:

FOOD, MEDICINE, & NATURE'S HELPERS

Includes Botanical Illustrations for Watercoloring





Poison Oak/*Toxicodendron diversilobum*

Category: WOO (Watch Out for Ouch)

Season: Spring through fall, leaves turn red in autumn

Looks like: Groups of three leaflets on a stem, edges wavy or lobed, can look shiny.

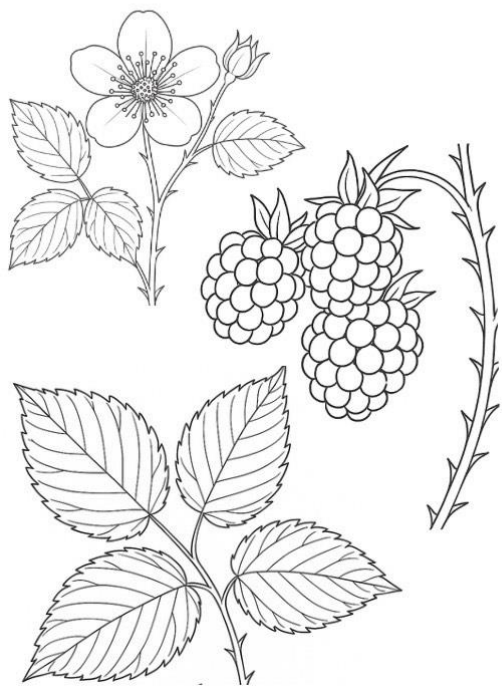
Indigenous Use: None for food—too toxic. Some groups used carefully for medicine or in ceremonies.

Where to Find: Along trails, forest edges, near streams, climbing as a shrub or vine.

Medicinal Use: Not safe for use without expert knowledge.

Watch Out: Causes severe rash, itching, and blisters if touched. Oils stay on clothes and skin. Remember: “Leaves of three, let it be.”

Ecosystem Buddy: Provides berries for birds and cover for wildlife.



Blackberry/*Rubus armeniacus*

Category: Food Find/WOO

Season: Summer–early fall (July–Sept)

Looks like: Thorny vine with arching stems. Leaves with 3–5 serrated leaflets. Clusters of white to pink five-petaled flowers in spring, turning into shiny black berries in summer.

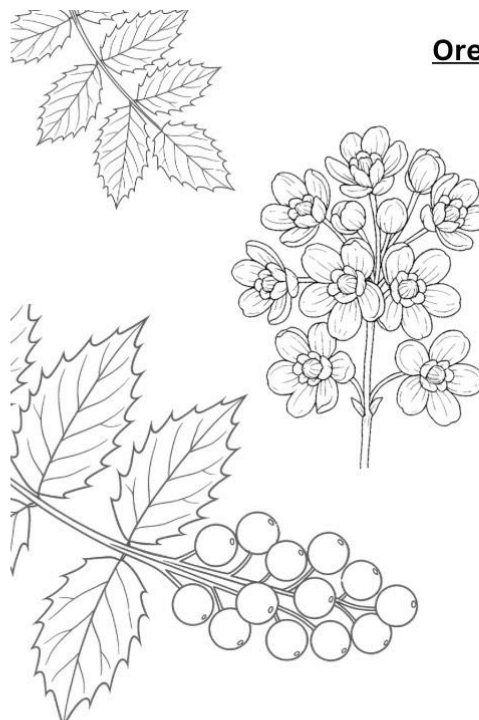
Indigenous Use: Berries eaten fresh, dried, or cooked. Leaves sometimes used for tea for stomach upset.

Where to Find: Sunny edges, open fields, roadsides, and along rivers

Medicinal Use: Leaf tea for diarrhea or sore throats.

Watch Out: Stems covered in sharp thorns—ouch!

Ecosystem Buddy: Berries feed birds, deer, and bears; thickets give shelter to small animals.



Oregon Grape/*Mahonia aquifolium*

Category: Both food and medicine

Season: Flowers in spring; berries ripen summer to early fall

Looks like: Evergreen shrub with shiny, spiny leaves like holly. Yellow flower clusters in spring. Blue-purple grape-like berries grow in bunches in summer.

Indigenous Use: Berries eaten fresh, dried, or mashed for juice. Roots used as medicine for the liver and stomach.

Where to Find: Forest edges, shady slopes, and along trails. Common in Oregon woodlands.

Medicinal Use: Root tea for stomach troubles; sometimes used as a cleansing tonic.

Watch Out: Berries are sour; eating too many can cause stomach upset.

Ecosystem Buddy: Flowers feed early bees; berries feed birds and mammals.



Red Huckleberry/*Vaccinium parvifolium*

Category: Food Find

Season: Summer (June–August)

Looks like: Small shrub with thin green stems and oval leaves. Flowers are tiny, pale pink to white, shaped like little bells. Berries are bright red, round, and shiny.

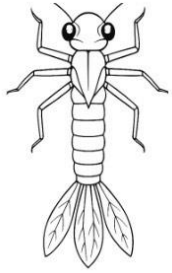
Indigenous Use: Berries eaten fresh, or dried. Teas for colds, upset stomach.

Where to Find: Shady forest areas, often growing out of old stumps and logs in moist soil.

Medicinal Use: Leaf tea for colds and digestive troubles.

Watch Out: Berries are tart—can upset stomach if eaten in large amounts.

Ecosystem Buddy: Berries feed birds and bears; shrubs give cover to small animals.



Damselfly/Zygoptera

Category: Water Wonders

Season: Spring through fall. Adults rest on reeds or hover over water.

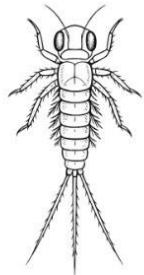
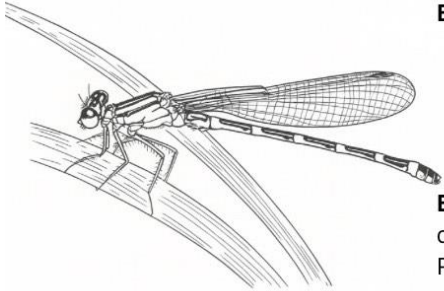
Looks like: Long, thin body like a flying needle. Narrow wings fold neatly over its back when resting. Big eyes on the sides of the head.

Where to Find: Perched on reeds or grass near the Sandy River, especially in sunny spots by still water.

Ecological Role:

- As Nymphs: Live underwater, eating mosquito larvae and other small bugs.
- As Adults: Eat mosquitoes, gnats, and flies, helping reduce biting insects.
- As Prey: Food for salmon, birds, and frogs.

Ecosystem Buddy: Salmon depend on damselfly nymphs as an important food. People benefit when damselflies eat mosquitoes.



Mayfly/Ephemeroptera

Category: Water Wonders

Season: Nymphs live underwater year-round. Adults appear in late spring - summer, but only live for 1-2 days to mate and lay eggs.

Looks like: Adults have short, delicate bodies, upright sail-like wings, and two or three long thread-like tails. Nymphs are smaller, with three thin tails and feathery gills along the sides of their bodies.

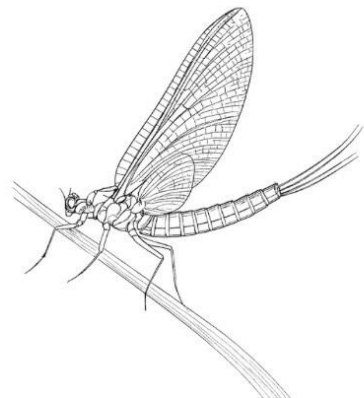
Where to Find:

- Nymphs: Under rocks and in stream beds of clean, cold rivers
- Adults: Swarms flying above water in summer.

Ecological Role:

- Nymphs: Eat organic matter, keeping waters clean.
- Adults: Food source for birds and fish.
- As Indicators: Very sensitive to pollution — finding them is a sign the water is healthy.

Ecosystem Buddy: Salmon and trout feed heavily on mayfly nymphs. If the mayflies disappear, the river's fish populations will struggle.



Coho Salmon/*Oncorhynchus kisutch*

Category: Food

Season: Varies

- Fall (Sept–Nov) – Adults return to Sandy River to spawn.
- Winter–Early Spring – Eggs hatch into tiny fry in the gravel.
- Spring–Summer – Fry grow into parr, about 5–10 cm, with vertical bars on their sides.
- Late Spring–Early Summer – Parr transform into smolts, 10–15 cm, and begin heading to the ocean.

Looks like: Silvery fish when young. Adults turn bright red on the sides with dark heads in fall. Males grow hooked jaws.

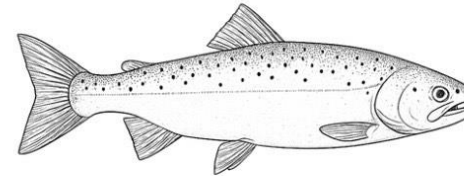
Indigenous Use: Vital salmon runs were important for food, trade, and ceremonies.

Where to Find:

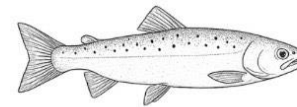
- Fry/Parr: In shallow edges, pools, and shady areas under rocks or logs in spring and summer.
- Smolts: Moving downstream toward the ocean in late spring.
- Adults: In deeper pools and slower waters, coming up the river in fall.

Ecological Role:

- Fry and juveniles eat river insects like mayfly and damselfly nymphs.
- Adults feed birds of prey like eagles and osprey, and bring nutrients back to the forest when they die after spawning.



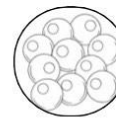
Adult: 60–75 cm (24–30 inches)



Smolt: 10–15 cm (4–6 inches)



Parr/juvenile: 5–10 cm (2–4 inches)

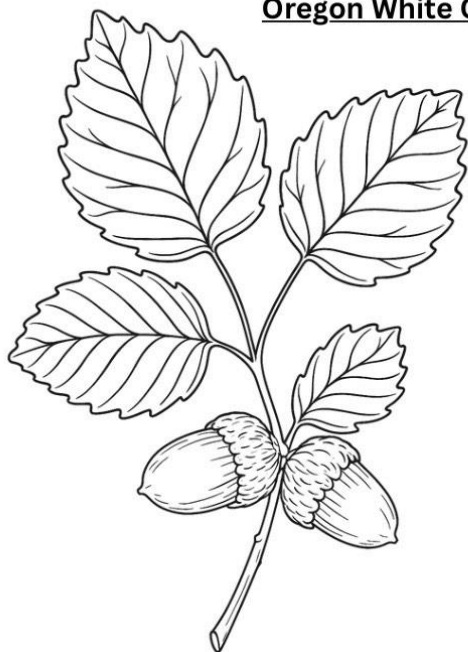


Roe (Eggs): 4–6 mm (0.15–0.25 inches)



Fry: 2–3 cm (less than 1 inch)





Oregon White Oak (Acorn)/*Quercus garryana*

Category: Food Find

Season: Fall (Sept–Oct)

Looks like: Big tree, rough bark, wide branches. Leaves with rounded lobes. Acorns wear little “hats.”

Indigenous Use: Acorns dried, ground to flour for mush/bread. Important winter food staple.

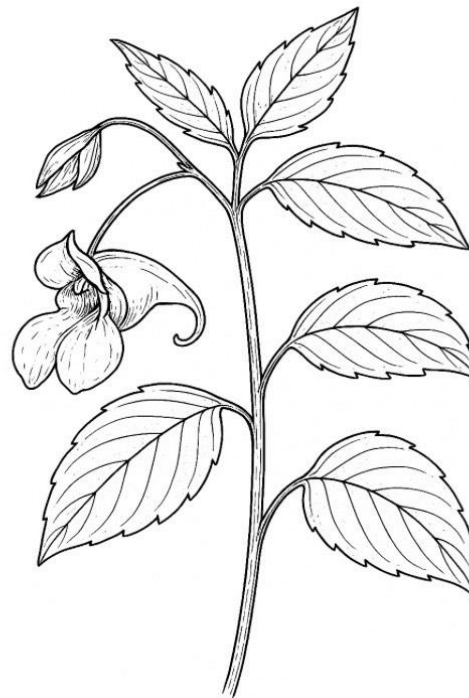
Where to Find: Sunny hillsides, dry meadows, open woods.

How to Use: Collect ripe acorns, shell, soak/boil to remove bitterness, grind into flour.

Medicinal: Sometimes used for stomach upset.

Watch Out: Raw acorns taste bitter. Must process first.

Ecosystem Buddy: Food for squirrels, deer, birds. Provides shade & shelter.



Jewelweed/*Impatiens capensis*

Category: Medicinal Marvels

Season: Summer to early fall

Looks like: Bright orange, spotted, trumpet-shaped flowers. Leaves are oval with pointed tips and soft teeth around the edge. Stems are juicy and hollow.

Indigenous Use: Crushed stems and leaves used on stings, rashes, and burns.

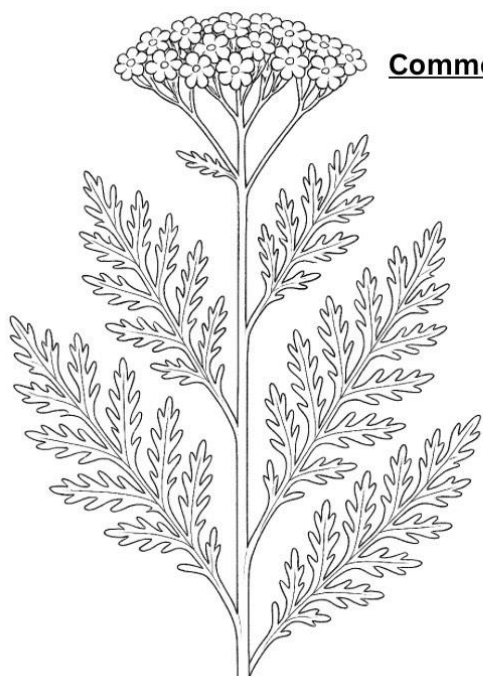
Where to Find: Shady, wet places near streams, often growing close to stinging nettle.

Medicinal Use: Sap soothes nettle sting and poison ivy rash.

Watch Out: Not harmful, but flowers and stems are fragile.

Ecosystem Buddy: Helps hold soil along streambanks; feeds hummingbirds and bees.

Wild Wondering: What do you think this plant whispers to the nettle?



Common Yarrow/*Achillea millefolium*

Category: Medicinal Marvels

Season: Summer (July–Aug)

Looks like: Tall stems, clusters of many small white or yellow flowers, feathery leaves like ferns.

Indigenous Use: Tea for colds and headaches; crushed flowers for cuts.

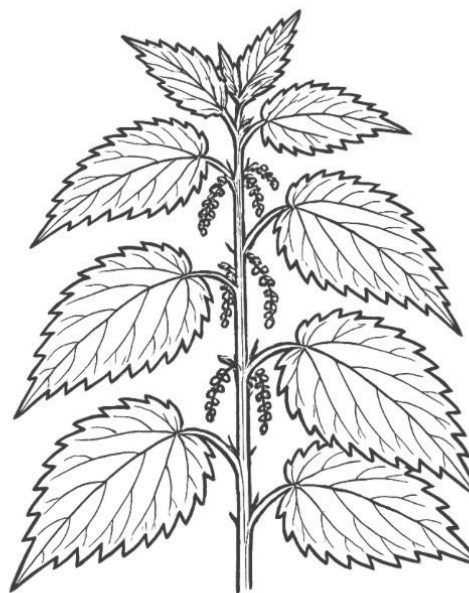
Where to Find: Sunny open spots—meadows and trails.

Medicinal Use: Poultice for wounds, tea for fevers.

Watch Out: Can cause rash on sensitive skin.

Ecosystem Buddy: Feeds butterflies, bees, and other helpful bugs.

Wild Wondering: If this flower could tell a story, what would it say?



Stinging Nettle/*Urtica dioica*

Category: Both food and medicine

Season: Spring through Fall

Looks like: Tall green plant with jagged leaves, tiny stinging hairs, and square stems.

Indigenous Use: Young leaves eaten as greens; leaves and roots used in teas for health and strength.

Where to Find: Moist soil near streams, meadows, and forest edges.

Medicinal Use: Tea from dried mature leaves helps joints, blood, and energy.

Watch Out: Tiny hairs on stems and leaves sting and burn if touched raw.

Ecosystem Buddy: Often grows near Jewelweed, which soothes its sting.

Wild Wondering: If this plant could shout, what warning would it give you?