

Contents

Disclaimer	ix
Territorial Acknowledgment	xi
Foreword by Nancy J. Turner	xiii
How to Use This Book	xv
Welcome to This Book	xvii
Notes About the Land	xxi

A Year of Plants and Mushrooms

SPRING

March	April	May	
Wild Ginger	2 Cleavers	21 Dandelion	41
Weeping Willow	5 Purple Dead Nettle	25 Asparagus	45
Norway Maple	10 Oxeye Daisy	28 Prickly Lettuce	49
Kinnikinnick	14 Hairy Bittercress	31 Black Elderberry	53
Early Blue Violet	17 Stinging Nettle	36 Catnip	58

SUMMER

June	July	August	
Red Clover	61 Saskatoon	84 Curly Dock	104
Salsify	66 Sheep Sorrel	88 Western Giant Puffball	108
Lamb's Quarters	70 Thimbleberry	91 Chokecherry	113
Common Mallow	74 Oregon Grape	95 White Sweetclover	117
St. John's Wort	80 Black Hawthorn	100 Plantain	121

FALL

September		October		November	
Purslane	127	Yarrow	148	Late Fall Oyster Mushroom	172
Common Burdock	130	Rosy Gomphidius	154	Large-leaved Avens	176
Chickweed	134	Black Walnut	158	Western Mountain Ash	180
White Chanterelle	138	Chicory	163	Prince's Pine	185
Lobster Mushroom	144	Dog Rose	167	Rocky Mountain Juniper	189

WINTER

December		January		February	
Field Pennycress	193	Lodgepole Pine	221	Common Barberry	248
Trembling Aspen	197	Interior Douglas-fir	226	Rocky Mountain Maple	253
Ponderosa Pine	202	Beaked Hazel	231	Sulphur Cinquefoil	257
White Spruce	211	Western Hemlock	237	Black Cottonwood	260
Western Redcedar	216	Paper Birch	242	Lamb's Ears	265

Acknowledgments 269

Glossary 271

Drawings 279

References 289

Websites 293

Index to Common and Scientific Names 295

About the Author 303

About New Society Publishers 304