

Foraging and Recipe Resources

Kyra Saegusa, Claremont Garden Club, March 8th, 2023

Cultural & Survivalist Books

Cooking the Native Way: Chia Café Collective

- [Chia Café Collective](#)

Forging California by Christopher Nyerges

- [School of Self Reliance](#)

Foodcentric & Gourmet Books

California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) by Judith Larner Lowry

- [Larner Seeds](#) ; Northern CA

Living Wild: Gardening, Cooking and Healing with Native Plants of California by Alicia Funk & Karen Kaufman

- [Living Wild Project](#) ; Northern California

The New Wildcrafted Cuisine: Exploring the Exotic Gastronomy of Local Terroir by Pascal Baudar

- [Urban Outdoor Skills](#) , SGV

Websites

[Mother Nature's Backyard](#) Board of the Friends of Gardena Willows Wetland Preserve
Southern California-based blog, with Native Plant tips & recipes, with links to valuable outside resources. No longer updated as of 2019.

Forager I chef; Hunting Mushrooms, Wild and Obsure Foods

Chef Alan Bergo's Minnesota-based food blog - many of the native ingredients he uses are the same as those that appear in California. Also, a great place to find ideas to experiment with like-flavored native food ingredients.

Hunter . Angler. Gardener. Cook

Chef & food writer Hank Shaw is a guru of all things edible. Name an ingredient and he has cooked with it. He works with seasonal and uber local ingredients.

Things to Remember

Most spice blends will call for dried herbs - it will be the most pungent immediately after drying, the longer the herb is stored the flavor lessens.

- native herbs tend to be more highly flavored than traditional culinary herbs; scent and taste are considerably more pungent with a wider variability in flavor profile between varieties, cultivars and species and even among same varieties or cultivars according to environmental conditions and time of harvest
- like many conventional garden grown vegetables and herbs seasonality dictates the flavor

become familiar with the flavor profile and potency of each ingredient then from there you can confidently substitute for European culinary herbs and spices

Start with a little

- as I mentioned above native sages, bays, and other ingredients tend to be more potently flavored and a little can often go a long way
- start with small batches so even if you are using expensive ingredients if you don't like the result it's not a tragedy

Keep it simple for now

- some of the most delicious foods are simple with fresh, quality ingredients. Gourmet doesn't have to equal time-consuming and complex