

# wild

Volume 1 - Spring 2021

Free

Exploring the  
Pacific Northwest  
Wilderness  
Through Food

# 10

Recipes to Get  
Your Foraging  
in Spring

Crayfish on the Coast?  
We'll tell you where

Seaweed,  
it's not just Nori anymore

Snowberry Pie?  
No they're poisonous!

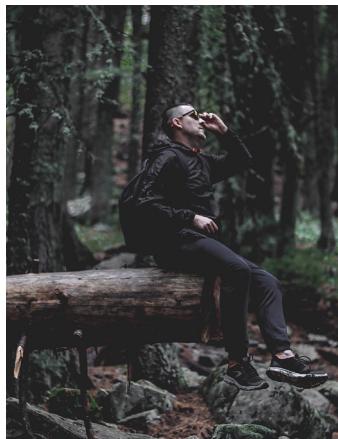
And:  
Harvesting Mushrooms  
on Vancouver Island



Spirits

# Bring the Wilderness Home

Organic Pacific Northwestern Flavours



## The sun's out, it's time to explore!

Spring is finally here, and with the cold days and nights almost over, that means we can finally get outside more. For those of us lucky enough to live in the Pacific Northwest, that means enjoying nature, camping, hiking and other offroad adventures. We're fortunate to live in a region where we can fish, hunt, and forage wild plants like fiddleheads, stinging nettle and even mint.

Welcome to our first issue of Wild. Our magazine is all about wild foraging. We'll begin to explore the Pacific Northwest with tips on what's in season and how to stay safe while foraging. We'll also give you tips and ten great recipes for your harvests.

We'll look at the role seaweed harvesting has played in the Pacific Northwest. Tell you the best seasonal seaweed to harvest in spring and tips for how to cook it. Then we'll look at the research North Island College is doing alongside Cascadia Seaweed Corp. in creating sustainable seaweed food products. We have an interview with lead researcher Allison Byrne.

Many think the fall is the best time to harvest mushrooms in the wild, but spring is excellent too. With morels being the most common, we'll tell you the other species that are safe to eat.

Finally, we start our series on poisonous plants you should be aware of when foraging. This month we're looking at the common snowberry bush (*s. albus*). You might have seen these bushes with their cream-coloured berries alongside trails and logging roads, especially near water.

We can't wait to help you explore the Pacific Northwest and hopefully look at nature in a new way. From all of us at Wild magazine, have a great spring.

**Brian MacLean**

Editor in Chief  
Wild Magazine



(top) East Sooke Park  
(left) seaweed on the coast  
(above) Common Snowberry  
(*Symporicarpos albus*)

(Cover) A harvest of mushrooms

*Wild*

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# More than Morels

While Morels may be the staple of spring mushrooms, there are so many more flavors to explore while foraging.

Story by Alice Walker  
Photography by Rich Swan

With the heavy rains of winter, the cool rain forests within the Pacific Northwest in Spring provide some of the world's best edible mushrooms. While many of us think about Morels as being the only mushroom worth foraging, there are so many more mushroom varieties that we can harvest throughout the region. In this article, Alice Walker will take you on a journey to hunt the best mushrooms in the Pacific Northwest and the types of food you can do with them.



The phone call came at 6 am. It was still dark out, and we had been waiting for it for about a week. Bob was on the line, "Alice, we found them." His voice was excited and crackling with joy as if he was jumping out of the phone.

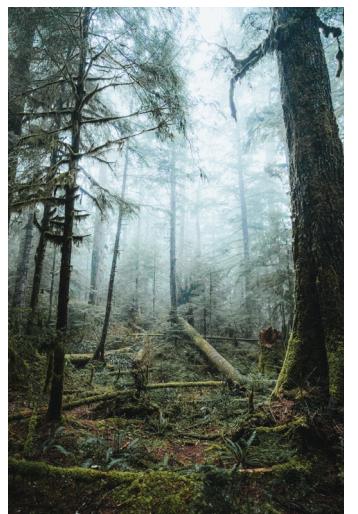
We had expected the phone call from our foragers. They had spent the week searching the wilderness on Vancouver Island for edible mushrooms. We lost hope when all that came up were Morels, and all of us wanted more. Now I was packing my bag, looking forward to the drive 10 kilometres southwest of Lake Cowichan on Pacific Marine Road.

"Twenty years ago, this was a logging road," Bob explained, "you would only be out here in trucks with four-wheel drives, dodging loggers and their loads." Now it's a paved highway, a way for people to escape the Malahat and drive up and down Vancouver Island via Sooke, "back then you would hardly see any other foragers, nowadays you see more than a dozen on any given day on the road, many keeping their foraging spots a secret."

Morels abundant in our forests are well known for their earthy, nutty flavour. I love them in stir-frys while others prefer them in soups and even as sauces for steak. For this trek, I wanted more. There were other mushrooms to be found. Bob stopped the car at the side of the road. We started to hike for a kilometre towards the Malahat and into the dense, rich forest.

With Schneider Bob's year-old German Shepherd running ahead, I could see him scan the foliage on the forest floor looking for signs of mushrooms. "Sometimes it's difficult in spring when the forest is cool, and the weather patterns change rapidly, but given the right conditions," Bob sweeps his hands to clear the foliage and spots two mushrooms on the ground, "you can find them almost anywhere."

It was only just the start of our journey.



(above)The Pacific Northwest Wilderness is perfect for mushroom hunting.

(Article continues on page 10)