

Pacific Northwest Region Basket

Traditional foods from the Pacific Northwest Yurok, Hupa, Karuk, Tolowa, Chinook, Tillamook, Coos, Makah, Quinault, Lummi, Salish, Haida, and Tlingit

Proteins and Fats

Wild game:

Salmon (Chinook, Sockeye), 0g
salmon roe, halibut, trout,
herring, sturgeon, rockfish,
and eulachon/candlefish,
eel/lamprey, clams, oysters,
mussels, crab, elk, deer,
pronghorn, bear, bison, seal,
whale, duck and duck eggs,
goose, rabbit, beaver, smoked
meats, jerky, any size

Herring eggs ½c 5g

Plant-based protein:

Black walnut 1oz 3g

Hazelnut 1oz 7g

Starches/Grains

Bitterroot (dried) ½c 42g

Burdock root (cooked) ½c 13g

Camas bulbs (raw) ½c 16g

Wild potato, Wapato (raw) ½c 17g

Non-Starchy Vegetables

Wild dandelion leaves, 1c 5g
mustard, nettles, wild
ramps/onions (raw)

Fiddlehead ferns, beach 1c 10g

asparagus/horsetail

shoots (raw)

Kelp (sea lettuce, ½c 10g

Pacific dulse) (raw)

Mushrooms (chanterelle, 1c 5g

matsutake/pine, oyster,

and morels) (raw)

Mixed Dishes

Camas acorn cakes 1 cake 25g

Elk/venison stew 1c 14g

Smoked fish/shellfish 1c 10g

Three sisters stew 1c 30g

Fruits

Blackberries/ 1c 15g
marionberries/
boysenberries

Wild blueberries ¾c 15g

saskatoon berries

Chokecherries, pitted, 1c 52g

Crabapples ½c 11g

Huckleberries, 1c 17g

raspberries, salal berries

Rose hips ½c 25g

Wild strawberries, 1¼c 15g

salmonberries

Beverages

Teas unsweetened 12oz 0g

(Labrador, red alder

bark, Douglas-fir tips,

western redcedar, rose hips,

blackberry leaves, stinging

nettle, and licorice fern)

Desserts

Berry (huckleberry, 1 tbsp 14g

blackberry, manzanita)

and spruce tip jam/jelly

Birch syrup, honey, 1 tbsp 12g

maple syrup

