



# **Surviving**

**on the Foods and Water  
from Alaska's Southern Shores**

**Third Edition**

**Dolly Garza**

# Surviving On The Foods And Water From Alaskas Southern Shores

**Owen K. Mason, William J. Neal, Orrin  
H. Pilkey**

## **Surviving On The Foods And Water From Alaskas Southern Shores:**

**Surviving on the Foods and Water from Alaska's Southern Shores, 2nd Edn** Dolly Garza,Dolores A. Garza,Alaska Sea Grant College Program,2007-01-01 This illustrated booklet describes wilderness sources of nutritious foods useful in a survival situation or just for everyday consumption The reader is advised how to make drinking water safe and how to find and prepare intertidal sea animals bird eggs land plants and seaweeds for eating Includes color pictures to help distinguish edible plants and animals from poisonous ones An appendix provides nutritional values of wild foods

**Surviving on the Foods and Water from Alaska's Southern Shores** Dolly Garza,1998 This booklet describes wilderness sources of nutritious foods useful in a survival situation The reader is advised how to make drinking water safe and how to find and prepare intertidal sea animals land plants bird eggs and seaweeds for eating Information includes identification of posipous and non edible plants and animals

**Surviving on the Foods and Water from Alaska's Southern Shores** Dolores A. Garza,1989 This guide to wilderness survival for anyone dependent on local foods on the shores of Alaska south of Kodiak includes sources of water and edible foods preparation of wild foods in different seasons non edible animals and plants a summary of survival essentials and a table of nutritional values of wild foods

[Surviving on the Foods and Water from Alaska's Southern Shores 3rd Edn](#) Dolly Garza,2013-11-01

**Pacific Feast** Jennifer Hahn,2010-10-05 CLICK HERE to

download a sample recipe from Pacific Feast Features more than 60 recipes from some of the Pacific Coast s best chefs including David Tanis Maria Hines Dustin Clark Kirsten Dixon and Tom Douglas Accessible and inspiring Pacific Feast will appeal to home cooks and nature lovers alike Conveys a strong conservation and sustainability message throughout the recipes and stories Once thought to be the stuff of back to the landers foraging has become a gourmet pastime and there are a growing number of wild food classes in which experts teach hungry folks how to spot the food at our feet Especially fortunate are those of us who live along the Pacific Coast from Southern California to Puget Sound to Anchorage where the climate provides many a delicacy in our wild and not so wild spaces Pacific Feast shares expert advice on how to identify the good eats harvest responsibly and create delicious meals with your finds Author Jennifer Hahn provides detailed field notes on more than 40 species including where to find them which parts are edible and their best culinary uses In addition to the delectable recipes from well known coastal chefs readers will also appreciate Hahn s intimate stories of reveling in nature s bounty and Mac Smith s lush identification photographs With more than 25 years of wilderness travel under her boots and kayak hull including thru hiking the Pacific Crest Trail from northern California to Canada and kayaking solo from Ketchikan Alaska to Washington writer Jennifer Hahn relies on wild harvesting to keep her pack and kayak light Jennifer s favorite foraged lunch is sea urchin nori seaweed and goose tongue leaves She lives in Bellingham Washington with her potter husband Chris Moench To learn more visit the authors website at [www.pacificfeast.com](http://www.pacificfeast.com)

**Report from the Alaska Sea Grant College Program, January 1, 1985-December 31, 1988** Alaska Sea Grant College Program,1988 Summary of

research into effects of the Exxon Valdez oil spill marine resource issues and the seafood industry aquaculture marine safety and communication with the public on marine issues in the Alaskan Arctic and the North Pacific Ocean Aquatic Sciences and Fisheries Abstracts ,1991 Beating the Odds on the North Pacific Susan Clark Jensen,1992 **Marine Education**

,1997 A bibliography of K 12 and general interest publications for teachers and other individuals interested in helping students explore and understand our oceans and Great Lakes The materials booklists career guides catalogs CD ROMs children s activities curriculum series decals fact sheets identification guides models newsletters posters slide tape presentations teaching materials videos and web pages are listed with the institution or Sea Grant program that developed them **Monthly Checklist of State Publications** Library of Congress. Exchange and Gift Division,1990 Pacific

Fishing ,1991 Common Edible Seaweeds in the Gulf of Alaska Dolores A. Garza,2005 For millennia Alaska Natives have subsisted on the wild edibles plants animals and seaweeds found in abundance along Alaska s shores In this book Dr Dolly Garza a Haida Tlingit Indian tells how to locate identify and prepare several species of seaweeds and one beach plant as tasty snacks and for the dinner table **Alaska, Its Southern Coast and the Sitkan Archipelago** Scidmore,1885 **Living**

**with the Coast of Alaska** Owen K. Mason,William J. Neal,Orrin H. Pilkey,1997 Another shore book that suggests ways to cope not only with disasters at the coast but with the frequent hazards encountered inland Part of the Living with the Shore Series **Sea Grant Abstracts** ,1989 Government Reports Annual Index ,1990 Government Reports

Announcements & Index ,1990-06 Alaska Stephen W. Haycox,2020-04-09 Alaska often looms large as a remote wild place with endless resources and endlessly independent resourceful people Yet it has always been part of larger stories the movement of Indigenous peoples from Asia into the Americas and their contact with and accommodation to Western culture the spread of European political economy to the New World the expansion of American capitalism and culture and the impacts of climate change In this updated classic distinguished historian Stephen Haycox surveys the state s cultural political economic and environmental past examining its contemporary landscape and setting the region in a broader global context Tracing Alaska s transformation from the early postcontact period through the modern era Haycox explores the ever evolving relationship between Native Alaskans and the settlers and institutions that have dominated the area highlighting Native agency advocacy and resilience Throughout he emphasizes the region s systemic dependence on both federal support and outside corporate investment in natural resources furs gold copper salmon oil and offers a less romantic more complex history that acknowledges the broader national and international contexts of Alaska s past **Our Neighbors Near and Far**

Ruth Thompson,1923 **Report on Population and Resources of Alaska at the eleventh census: 1890** Robert P. Porter,1893

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