Visit the library to check out our **Walking Kit: Campus Flora and Fauna**. Each backpack kit contains resources designed to provide a hands-on introduction to local plants, food knowledge, and trails.

Featured in the kit are the *Na’tsa’maht Indigenous Plant Garden A-Z identification list*, a selection of *Pacific Northwest Plant Knowledge Cards* (J. McMullen & J. B. Williams), and various walking and wildlife guides. A compass, flashlight, and reflective strips for visibility are provided along with a sketchbook, pens, and pencils for when artistic inspiration strikes!
Food and Recipes

Modern Native Feasts: Healthy, Innovative, Sustainable Cuisine
Andrew George Jr.

Flavours of the West Coast
Cedarwood Productions with Steve Walker-Duncan and guests

Feasting for Change: Revitalizing Connection to Food, Land and Culture; Celebrating Five Years of Setting the Table
Vancouver Island and Coastal Communities Indigenous Food Network

Feast: Recipes and Stories from a Canadian Road Trip
Lindsay Anderson and Dana Vanveller

Camus: (chum-us) adj.: Very Satisfying, When You’ve Been Well Fed: Camus Ma - It Tastes Good. (also known as Camus: West Coast Cooking Nuu-chah-nulth Style)
Nuu-chah-nulth Tribal Council

Guides

Reference Guide: Nuu-chah-nulth Traditional Foods Toolkit
Uu-a-thluk/Nuu-chah-nulth Tribal Council Fisheries

Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts
Douglas Deur

Plants of Coastal British Columbia: Including Washington, Oregon and Alaska
Jim Pojar and Andy MacKinnon eds.

Birds of the Pacific Northwest: A Photographic Guide
Tom Aversa, Richard Cannings, and Hal Opperman

The Beachcomber’s Guide to Seashore Life in the Pacific Northwest
J. Duane Sept

Pacific Marine Circle Route of Vancouver Island: An in Depth Guide to the Circle Route...
Janis Morrison and Dave Mann

Hiking the Gulf Islands of British Columbia
Charles Kahn

FOR MORE INFORMATION ABOUT LOCAL FLORA AND FAUNA, CHECK OUT THESE RELATED RESOURCES: