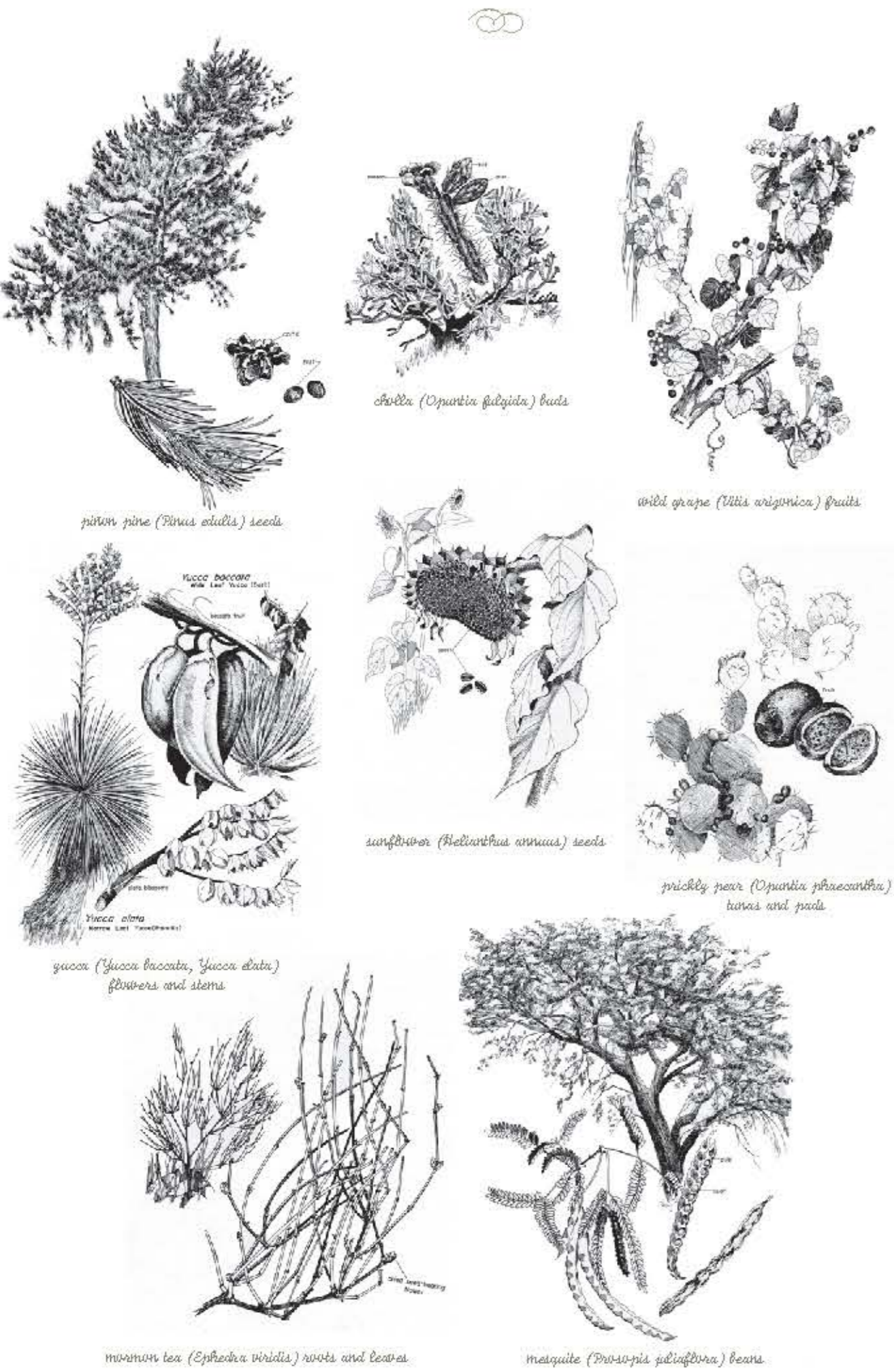


WILD FOODS OF THE COLORADO PLATEAU



cholla (*Opuntia fulgida*) buds

wild grape (*Vitis arizonica*) fruits

piñon pine (*Pinus edulis*) seeds

sunflower (*Helianthus annuus*) seeds

prickly pear (*Opuntia phaeacantha*) fruits and pads

yucca (*Yucca baccata*, *Yucca elata*) flowers and stems

mesquite (*Prosopis juliflora*) beans

mormon tea (*Ephedra viridis*) roots and leaves

Illustrations by James Thomson from American Indian Food and Lore

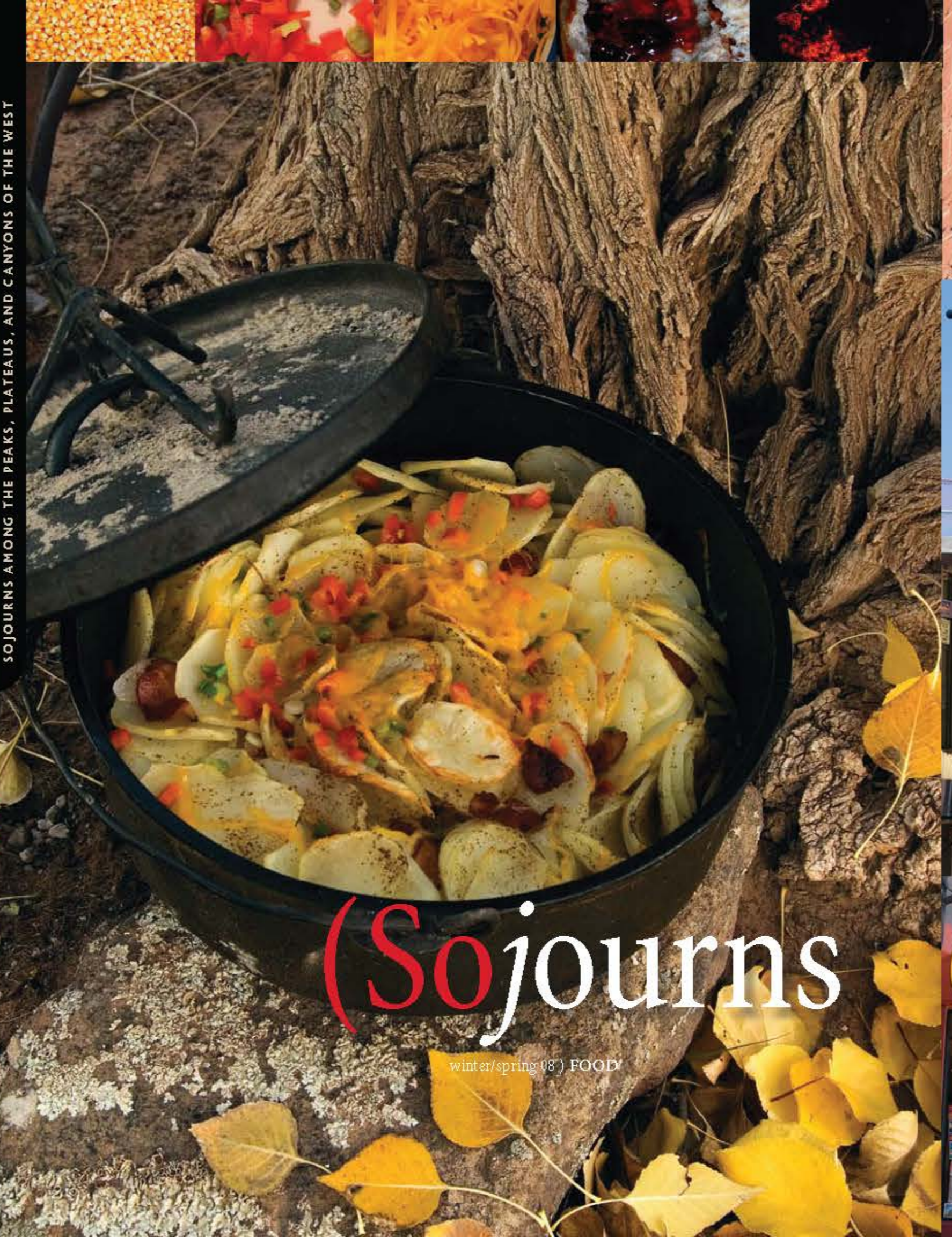


Photos of Walks Caldera National Preserve by Eouke McDermott

SOJOURNS AMONG THE PEAKS, PLATEAUS, AND CANYONS OF THE WEST



\$9.95



(Sojourns

winter/spring 08 FOOD



PHOTOS BY HEAT AND SOJOURN

SOJOURNS 3:1