Traditional Foods of the Pomo People

- Blackberries
- Elderberries
- Manzanita
- Rose Hips
- Mushrooms
- Wild Flowers
- Seaweed
- Miner's Lettuce
- Roots/Tubers
- Cattails
- Wild Grains
- Seeds
- Abalone
- Deer/Elk
- Salmon
- Acorns
- Hazel Nuts
- Quail Eggs