

Cascadia *Living*

March 2025

Planting PNW seeds

Local plants to help your garden flourish

— **PLUS** —

Get out of my garden!

Warding off squirrels, raccoons, deer
and other local pests



Finding indoor space for outdoor gear

Creative storage solutions for your
mountain gear in the off season

A spring break to remember

Activities, day trips and camps to get the
kids outside and connect with nature

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Photo courtesy of Trail Triangle

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Photo courtesy of Eighth Generation



Photo by Althea Stachel



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"Help! My job is relocating me but I love the PNW... how do I balance my career and my lifestyle?"

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Photo by Althea Stachel

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A freshly harvested bounty of berries: *Fragaria vesca*, commonly known as the Woodland Strawberry, grows in woodlands west of the Cascades and makes a delicious fruit parfait. | Photo by Adobe Stock

Planting PNW seeds



Local plants to help your garden flourish
Story by North West-Gardiner

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Top: Though Idaho is known for its potatoes, the only truly native PNW potato is the Makah Ozette potato. This species of potato was once a staple of indigenous Salish peoples. | Photo by Abode Stockman

Bottom: Species of watercress have long been found worldwide. Today, the Garden Nasturtium is a common backyard crop, known for its edible flowers and astonishing resilience to PNW winters. | Photo by Odoobe szrok



Left: A cousin of modern blueberries, Evergreen Huckleberries are a PNW native berry. Bushes take years to mature, but once established, they are surprisingly low maintenance. | Photo by Addobey Stoke

Below: Though asparagus originated in the Mediterranean, it has long been a PNW garden staple. Its ideal growing conditions are well suited to the PNW climate | Photo by Addobey Stahlk



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Gardening changed my life. There's no better dish than a home- grown one.

— GARDENIA COOKE

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Who knew this region had so much to offer!

— BARRY BLUE

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