

Foraging in the Eastern Sierra



Slender Cinquefoil by Nora Livingston

October 3–5, 2025 • Mia Andler

\$290 per person/ \$275 for Mono Lake Committee members
enrollment limited to 15 participants

Foraging in the Eastern Sierra is a hands-on course in plant identification and their uses. Participants will learn about the edible and useful plants of the Eastern Sierra in an active, multi-sensory, and fun way. Students will search for plants, cook and make plant-based products, get creative with field journaling, and get closer to plants by practicing nature awareness techniques. And while the workshop will focus on the Eastern Sierra, much of the knowledge participants will learn will help them forage in other areas.

Mia Andler is the author of *The Sierra Forager* and co-author of *The Bay Area Forager*. She is the founder and executive director of [Vilda](#), a 501(c)(3) non-profit that runs nature connection programs for children in Tahoe, Truckee, and the San Francisco Bay Area. She has been foraging in Finland since she was a little girl and has studied the regenerative practices of earth-based cultures around the world. You can read about her in [SF Gate](#), see her in the documentary “[Play Again](#),” or hear her at the [Bioneers Conference](#). She lives with her children in Truckee, California, where she is committed to facilitating meaningful connections to nature.

ITINERARY

Friday, October 3 at 7:00pm: Meet in the gallery at the Mono Lake Committee Information Center & Bookstore in Lee Vining (51365 Highway 395). After introductions, there will be a presentation about foraging and useful information for our field classes.

Saturday, October 4 at 8:30am: Meet at the Mono Lake Committee Information Center & Bookstore. We will spend the day foraging and doing activities in the field. We will break for dinner and then re-convene at 7:00pm in the gallery at the Mono Lake Committee for a slide show about edible and useful plants of the region. We will end our day by 8:30pm.

Sunday, October 5 at 8:30am: Meet at the Mono Lake Committee Information Center & Bookstore. We will spend the day foraging and doing activities in the field. We will end our day around 2:30pm.

ACTIVITY LEVEL: ADAPTIVE

This seminar's activity level: *adaptive*. This seminar's activities and terrain will be dependent on the experience and comfort level of participants and the instructor will adapt the route and/or locations based on the group's need. There will likely be periods of sitting and reflecting, movement along trails, and using binoculars which may require lifting arms up and down. We will be visiting high elevation areas as well as dry, arid areas. Please reach out to fieldseminars@monolake.org if you have questions or to share accessibility needs.

WEATHER & ALTITUDE

Temperatures in late summer will be hot during the day and drop to chilly at night, with possible windy conditions and afternoon thunderstorms. Average temperatures in October in Lee Vining are 66°F (max) and 36°F (min).

This seminar will take place at elevations ranging from about 6,000 to 9,000 feet above sea level. It is a good idea to acclimate at the elevation of Lee Vining for at least 24 hours prior to the start of the seminar. Those with a history of heart, ear, or respiratory problems should consult their doctors before attending. Anyone restricted to lower elevations should not enroll.

Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is intense at high elevations, capable of burning even on cool and cloudy days, so be sure to protect yourself thoroughly using sunscreen, sunglasses, and hat.

MEALS

Meals are not included in the tuition. Please bring a packed lunch, water, and snacks to eat during both days. Students will break for dinner on Saturday.

TO BRING

- ___ warm clothing (warm enough for snow!)
- ___ long pants (due to brush)
- ___ raincoat, just in case

- ___ hat, sunscreen, and sunglasses
- ___ daypack
- ___ plenty of water
- ___ gloves for handling pinecones
- ___ boots or supportive shoes

RECOMMENDED READING

- *The Sierra Forager: Your Guide to Edible Wild Plants of the Tahoe, Yosemite, and Mammoth Regions* by Mia Andler
- *The Secret Life of Plants* by Peter Tompkins
- *Botany in a Day* by Thomas J. Epel



Mono Lake Committee Field Seminars

P.O. Box 29 • Lee Vining, CA 93541 • (760) 647-6595 • monolake.org/seminars