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□ The rootstock is usually found underground. Make sure to wash off all the mud. □ The best part of the stem is near the bottom where the plant is mainly white. □ Either boil or eat the stem

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raw. □ Boil the
leaves. □ The corn
dog-looking female
flower spike can be
broken off.

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edible fungi and
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mushrooms found
in the Pacific
Northwest region of
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British Columbia,
Washington,
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Freshly cut shoots are bitter, but a second change of water eliminates the bitterness.

Remove the tough protective sheath around the shoot before eating. Also edible is the seed grain of the flowering bamboo. Pulverize this, add

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water, and press it
into cakes or boil it
like rice (fig. B-17).
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