

WATER WISE WEDNESDAY WORKSHOPS

4/30 – Eat Your Weeds! Urban Foraging

*Thank you
for coming!*



Backflow Assembly Tester Qualifications



To be Certified as a Backflow Assembly Tester

- 1) You must pass a practical exam where you test 4 different backflow assemblies.
- 2) Then pass a 100-question written exam about backflow testing.

To be on our List of Approved Testers

- 1) General or Specialty Contractors license, City of Spokane business license.
- 2) Sources of business or personal liability insurance. Minimum \$250,000.



SAFE WATER'S THE GOAL, BACKFLOW CONTROL!



Cross-Connection Control and Backflow Prevention Program



The City of Spokane's Cross-Connection Control Program safeguards our water system from potential contamination that could, under certain circumstances, be drawn into the public water supply from private properties. All water services must have an approved backflow prevention assembly installed and tested annually by a certified tester.

To ensure safe drinking water, state regulations require all customers—residential, multifamily, and commercial—to test their backflow devices every year. After installation, backflow devices must be tested to confirm proper function, and annual testing by a Washington State-certified Backflow Assembly Tester (BAT) is mandatory.



Contact Information

Need Help? Contact Us

Phone: [509.625.7969](tel:509.625.7969)

Email: watercrossconnection@spokanecity.org

For inspection requests, answers to specific cross connection control questions and lists of approved assemblies please contact the Spokane Water Department Cross Connection Control Program at [509.625.7969](tel:509.625.7969) or by email at WaterCrossConnection@spokanecity.org.

[Schedule an Inspection](#)

Resources

- [Backflow Assembly Testers list](#) (PDF 173 KB)

Approved Backflow Prevention Devices

Under WAC 246-290, backflow prevention assemblies that appear on the [USC-Approved Assemblies List](#) are acceptable for protection of the public water system.

Links:

2025 City of Spokane Backflow Assembly Tester List

** Please Note: Tester prices vary considerably! It is best practice to request at least 3 quotes.*



**SAFE WATER'S THE GOAL,
BACKFLOW CONTROL!**

Irrigation Backflow Preventers are
required by the State of Washington
to safeguard our drinking water.



COMPANY NAME	EMAIL	PHONE	CELL	TEST	INSTALL	REPAIR
AAA BACKFLOW NW	aaabackflownw@gmail.com	360-263-4840		X		
Aall-Rite Lawn Care Services LLC	aallrite.llc@gmail.com	509-342-8590		X	X	X
ABC Fire Control, Inc.		509-453-3434		X	X	X
Alpine Fire Protection		509-892-5100		X		
Apollo Mechanical		509-532-2190		X	X	X
Aqua Pro Sprinklers			509-990-8766	X	X	X
B&B Sprinklers	bbsprinklersomak@gmail.com	509-826-4295		X	X	X
Backflows Northwest	office@backflowsnorthwest.com	425-277-2888	509-847-8705	X	X	X
Bastin Backflow Testing & Service	bastinbackflow@gmail.com	509-951-3914		X	X	X
Bigfoot Backflow	bigfootbackflow@gmail.com	509-844-7066		X	X	X
Bulldog Rooter		509-535-3447		X	X	X
Charlie's Backflow LLC	charliesbackflow@yahoo.com	509-319-1231		X	X	X
COSCO Fire Protection		509-505-6001		X	X	X
CSI Landscape		509-290-8920		X		
Faucets 'n Stuff Plumbing	fsplumbingoffice8881@gmail.com	509-327-8881	509-924-8881	X	X	
Fire Control Sprinkler System		509-489-1444		X	X	X
Friday Plumbing & Backflow	backflow@fridayplumbing.com	509-869-2011		X	X	X

**For More
Info Visit
the Cross
Connection
Page on the
City of
Spokane
Website**



Upcoming Horticultural Events (In Siberia and Other Outer Space)

1. May 1, 6 PM: Thirsty Thursday
2. May 3, 10-11 AM: Free Veg Starts
3. May 3, 11-3: MG Plant Clinic
4. May 7, 5:30PM: Garden4You: Growing A-Z Peppers
5. May 10, 11-12 pm: Composting



6. May 17, 11: Building Raised Beds with Pallets (IT)
7. May 17, 11:45 PM: Japanese Way of Preserving Woods (IT)
8. June 14: 11-2 (IT)
Garden/Pollinators Meadow Open House
11:00 Compost demo
1:00 Building Bird Houses
2:30 Mason Bee Keeping
(by Pat Munts)

EAT YOUR WEEDS

Foraging in Your Own Backyard



Juan Juan Moses, Community Educator, Spokane Public Library



“IF YOU CAN’T BEAT THEM,
THEN JUST EAT THEM.”

---A “FAMOUS” FORAGER

Why?





Before You Start:

1. The Rule of 8

1. Be absolutely certain of the plant.
2. Know where you are foraging. (public/vs private spaces)
3. Try ONLY one thing at a time.
4. Be aware of your allergy and consult your dr. before you start.



Black Medic/ *Medicago lupulina* (Legume family)



Origin: Europe/West Asia; Edible Parts: **leaves/seeds**



Nutritional Facts

Name	Protein	Fiber	Calcium	phosphorus	magnesium	potassium.
100 g						
Black Medic	23g (56/45)	25g	1330 mg (1000-1500 mg)	300mg (700-1250)	450mg (320-420mg)	2280mg (3500-4700)



How to Eat Them?

- > Bitter raw, increasing bitterness with heat/ age.
 - > Eat them young, in small quantity, mix with other greens or in smoothies/juice
- > Roast Seeds, add them to cereal
- > Caution for pregnant women or nursing mothers, and people on medications such as blood thinner for possible adverse interaction



(Canadian) Horseweed (*Erigeron canadensis* / *Conyza canadensis*)
(Asteraceae Family)



Origin: north/ central America; Edible Part: Leaves



- > first weed to develop glyphosate resistance
 - > Bitter but very aromatic, peppery,
 - > dry leaves to flavor foods; or to make tea
- > Sauté small quantity of young leaves with other greens
 - Used mostly as a potherb

(<https://www.healthbenefitstimes.com/canadian-horseweed/>)



Health Benefits



Native Americans use this as a snuff to induce sneezing (for cold), boil to create steam in sweat lodge, burn to ward off insects

leaves are a good source of calcium, phosphorus and potassium :

per 100 g: 1010 mg of calcium, 280 mg phosphorus, and 2610 mg potassium

- www.eattheweeds.com/conyza-canadensis-herb-fire-food-2/

Prickly Lettuce (*Lactuca serriola*/*Lactuca virosa*)

Asteraceae family



LETTUCE ROMAINE

Parris Island Cos

Lactuca sativa



ng

TOLERANT DAYS

n early
g through fall

RLOOM

med for
rris Island
f South
arolina, this
ld favorite
omaine is
crisp, sweet,
and delicious



Medicinal and Culinary Uses:



Nature's opium

Nature's sedative

Bitter and prickly when old

- Can be eaten young, dried as tea
 - Salad or sauté











Lamb's Quarter/ *Chenopodium album*
(Amaranth Family)



Edible parts: leaves, seeds, flowers

Some oxalic acid in raw form. Cooking is recommended. (sauté, soup, steamed, blanched for freezing, drying)

Small amt raw in smoothies, juice

Nutritional value:

https://www.nutritionvalue.org/Lambsquarters%2C_raw_nutritional_value.html



Nutrition facts: Lamb's Quarter vs Spinach

Portion Size	100 g
Amount Per Portion	
Calories	43
% Daily Value *	
Total Fat 0.8g	1 %
Saturated Fat 0.1g	0 %
Sodium 43mg	2 %
Total Carbohydrate 7.3g	3 %
Dietary Fiber 4g	14 %
Protein 4.2g	8 %
Vitamin D 0mcg	0 %
Calcium 309mg	24 %
Iron 1.2mg	7 %
Potassium 452mg	10 %

Portion Size	30 g
Amount Per Portion	
Calories	6.9
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 24mg	1 %
Total Carbohydrate 1.1g	0 %
Dietary Fiber 0.7g	2 %
Sugar 0.1g	
Protein 0.9g	2 %
Vitamin D 0mcg	0 %
Calcium 30mg	2 %
Iron 0.8mg	4 %
Potassium 167mg	4 %

Sheep's Sorrel/*Rumex acetosella* (buckwheat family)

MALE/YELLOW FLOWERS



FEMALE/REDDISH RUST FLWR





Both Medicinal and Culinary Uses



Detoxing juice or tea

Cancer treatment

GI problems

Kidney and UTI diseases

Colds/flu/sinusitis

Raw or cooked like
spinach

Sour, lemony taste

Part of juice(ing)





Nutritional Info



One cup (133 grams) of raw sorrel contains

Calories: 29

Protein: 2.5 grams

Fat: 1 gram

Carbs: 4 grams

Fiber: 4 grams

Vitamin C: 71% of the Daily Value (DV)

Magnesium: 33% of the DV

Vitamin A: 30% of the DV

Manganese: 20% of the DV

Copper: 19% of the DV

Iron: 18% of the DV

Potassium: 11% of the DV

Riboflavin: 10% of the DV

Vitamin B6: 10% of the DV

Phosphorus: 7% of the DV

Purslane/*Portulaca oleracea* (Portulacaceae family)





Health Benefits

<https://www.healthline.com/nutrition/purslane>



Plantain/*Plantago major*/ *Plantago lanceolata* (Plantaginaceae family, ((snapdragon, foxgloves)))



Shepherd's Purse/ *Capsella bursa-pastoris* (Mustard family)





https://www.bbg.org/article/weed_of_the_month_shepherds_purse

Pineapple weed (Wild Chamomile) / *Matricaria discoidea*



Miner's Lettuce-*Claytonia perfoliate* (Montiaceae)



MINERS LETTUCE

Claytonia ~ Winter Purslane

\$2.09

NET WT. 250 mg



Ed
Mume
Seeds...



Chickweed/ *Stellaria media* (Carnation Family)



Common Mallow/ *Malva neglecta* (Malvaceae Family)



<https://pmc.ncbi.nlm.nih.gov/articles/PMC9695446/>

~~Magic Mushroom~~-Magical Mushroom: Shaggy Mane
(*Coprinus comatus*)



Mullein/*Verbascum thapsus* (Scrophulariaceae Family)







A dark, irregular ink blot or stain is visible on a light-colored, possibly metallic, surface. The ink is spread out, with some areas appearing more saturated than others. The text "INKY CAP" is overlaid in white, serif, all-caps font. The background shows some texture and a few small, dark spots.

INKY CAP



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MG0IDHOAZ7C](https://www.youtube.com/watch?v=MG0IDHOAZ7C)





QUESTIONS?



EVERYBODY GETS

2004



A PLANT!