WATER WISE WEDNESDAY WORKSHOPS

4/30 - Eat Your Weeds! Urban Foraging



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.





Water

Backflow & Cross-Connection 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

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 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 <u>USC-Approved</u>
<u>Assemblies List</u> 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.



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		Х		
Aall-Rite Lawn Care Services LLC	aallrite.llc@gmail.com	509-342-8590		X	X	X
ABC Fire Control, Inc.		509-453-3434		Х	X	X
Alpine Fire Protection		509-892-5100	i i	X		
Apollo Mechanical		509-532-2190		X	X	X
Aqua Pro Sprinklers			509-990-8766	Х	X	X
B&B Sprinklers	bbsprinklersomak@gmail.com	509-826-4295	i i	Х	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		Х	X	X
Bigfoot Backflow	bigfootbackflow@gmail.com	509-844-7066		Х	X	X
Bulldog Rooter		509-535-3447		Х	X	X
Charlie's Backflow LLC	charliesbackflow@yahoo.com	509-319-1231		Х	X	X
COSCO Fire Protection		509-505-6001		Х	X	X
<u>CSI Landscape</u>		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		Х	X	Х
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)







gain appreciation for weeds increase food supply w/t effort

denser nutrients

survival skills

Conquest!

stop the herbicide!

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)

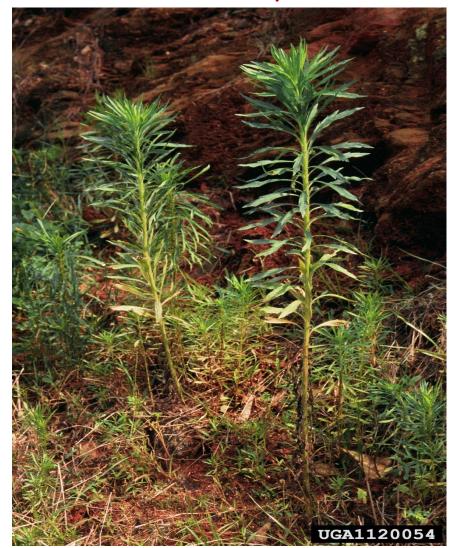


- > Bitter raw, increasing bitterness with heat/age.
- > Eat them young, in small quantity, mix with other greens or in smoothies/juice
- > Roast Seeds, add them to cereal
- >Caution for pregnant women or nursing mothers, and

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

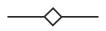
 \longrightarrow

- >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/canadianhorseweed/)



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









Medicinal and Culinary Uses:

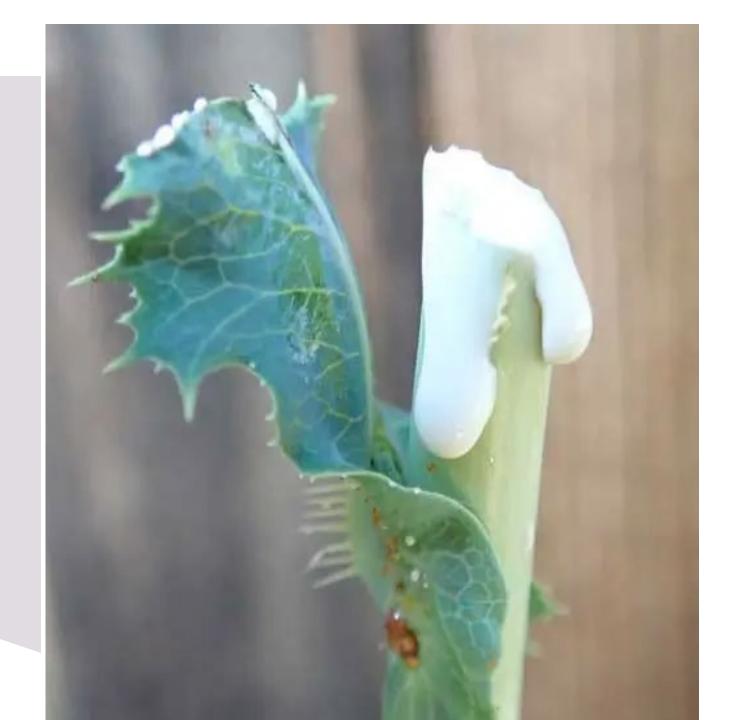


Nature's opium

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%2



Nutrition facts: Lamb's Quarter vs Spinach

Portion Size	100
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 %

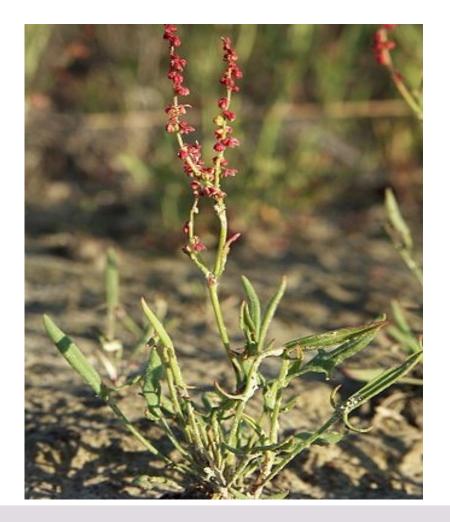
Nutrition F Portion Size	acts 30 g
Amount Per Portion Calories	6.9
	% Daily Value *
Total Fat 0.1g	0 %
Sodium 24mg	1%
Total Carbohydrate 1.1g	0%
Dietary Fiber 0.7g	2%
Sugar 0.1g	
Protein 0.9g	2 %
Vitamin D 0mcg	0 %
Calcium 30mg	2 %
Iron 0.8mg	4 %
Potassium 167mg	4 %

Sheep's Sorrel/Rumex acetosella (buckwheat family)

MALE/YELLOW FLOWERS



FEMALE/REDDISH RUST FLWR





Detoxing juice or tea

Cancer treatment

GI problems

Kidney and UTI diseases

Colds/flu/sinusitis

Raw or cooked like

spinach

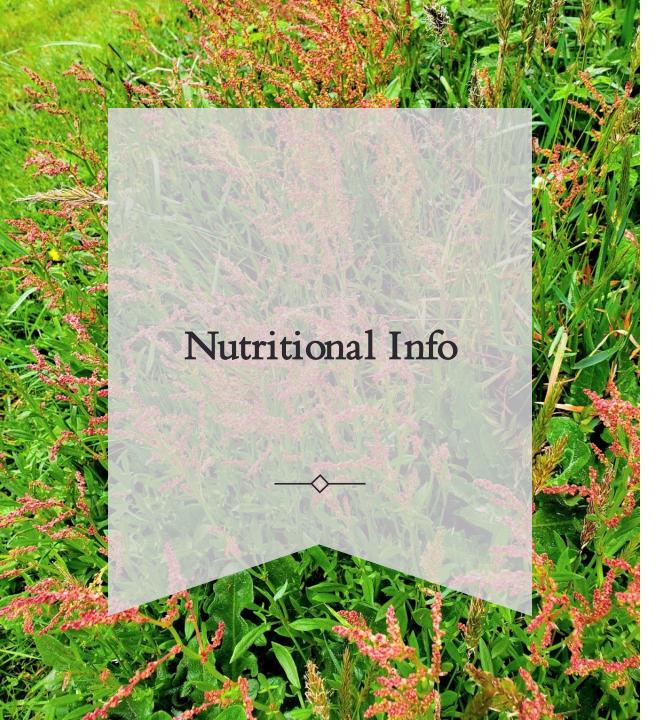
Sour, lemony taste

Part of juice(ing)

Both Medicinal and Culinary
Uses







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/nutritio n/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 \$2.05 Claytonia ~ Winter Purslane NET WT. 250 mg





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)



















