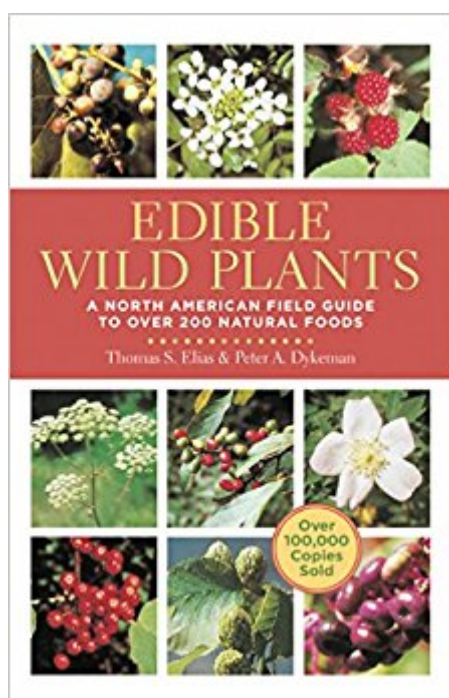


The book was found

Edible Wild Plants: A North American Field Guide To Over 200 Natural Foods



Synopsis

Already a huge success in previous editions, this must-have field guide now features a fresh new cover, as well as nearly 400 color photos and detailed information on more than 200 species of edible plants all across North America. With all the plants conveniently organized by season, enthusiasts will find it very simple to locate and identify their desired ingredients. Each entry includes images, plus facts on the plant's habitat, physical properties, harvesting, preparation, and poisonous look-alikes. The introduction contains tempting recipes and there's a quick-reference seasonal key for each plant.

Book Information

Paperback: 288 pages

Publisher: Sterling; Tenth edition (April 7, 2009)

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Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 344 customer reviews

Best Sellers Rank: #7,029 in Books (See Top 100 in Books) #10 in Books > Science & Math >

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Customer Reviews

‘Hundreds of edible species are included...[This] handy paperback guide includes jelly, jam, and pie recipes, a seasonal key to plants, [and a] chart listing nutritional contents.’
‘Beautiful color photographs...temptingly arranged.’
The Library Letter

Love the colorful pictures. Other books for years had drawings but this book has colorful pictures to identify the plant. So much better. My grandmother and I used to go 'greening' each Spring and she knew everything about edible plants. Haven't looked myself for years because not sure what was what due to faulty memory and line drawings in books. This renews my interest in foraging for greens once again as can really see what the plant looks like.

This book features over 200 wild edible plants. You will want to do further research on the plants before you go out eating them. Some of the photographs are black and white which provides little use in effective identification of the plant. I also appreciate the section on toxic plants.

Nice descriptions but photos need work as far as clarity, especially important as this is a wild foraging book and you don't want to confuse similar plants.

I haven't had time to really explore this book as much as I would like. However, I found some answers to some of the plant questions that I had. I even found some edible plants that I used to snack on when I was younger, I just didn't know the name. For me, this book is a keeper.

Informative and accurate. An easy read that should be mandatory for anyone who hikes into the wilderness. A good source for those short walks to supplement a food source close to home. Also important for those preppers who want to stay ahead of the game.

My girlfriend is a nature woman and recently she has been mentioning how cool she thinks it would be to have a book that tells you what plants were edible in the forest/yard/wild. So I surprised her with this book and she and I were blown away at the quality of the book and the contents inside! Definitely something to have in the book collection/ camping sack

This book is great. We haven't actually tried any of it but it's so much fun to use it to identify different local wild edibles. Someday we may actually try eating some of them too, lol. It's also great for knowing some of the plants you really want to keep small children AWAY from. We brought this book with us to visit family out of state and lost it so we bought another copy. It's a great book.

Very good. I plan to give this to my nephew, who does a lot of hiking, and will be going to college this fall near the Smokey Mountains.

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House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started Edible wild fruits and nuts of Canada (Edible wild plants of Canada) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Edible Wild Plants: A North American Field Guide Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State Edible Garden Weeds of Canada (Canada's Edible Wild Plants) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Edible Wild Plants: Eastern/Central North America (Peterson Field Guides) Edible Wild Plants: A Folding Pocket Guide to Familiar North American Species (A Pocket Naturalist Guide) Wild About the Okavango: All-In-One Guide to Common Animals and Plants of the Okavango Delta, Chobe and East Caprivi (Wild About: Field Guide to Common Animals & Plants) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Wild Cards: Edible Wild Foods (All Ages) Edible Wild Plants: 25 Plants You Can Find In The Forest: Identify, Harvest & Prepare Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places Whole Food: The 30 Day Whole Food Challenge â Whole Foods Diet â Whole Foods Cookbook â Whole Foods Recipes (Whole Foods - Clean Eating)

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