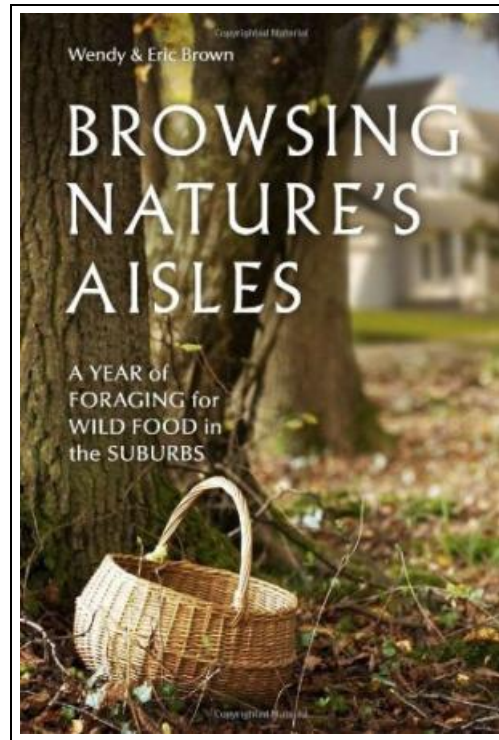


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New Society. 1 Paperback(s), 2013. soft. Book Condition: New. As part of their commitment to self-reliance and resiliency, Wendy and Eric Brown decided to spend a year incorporating wild edibles into their diet. The experience fundamentally changed their definition of food; not only did they learn about southern Maine's flora and faunaas they encountered mud clams, knotweed, and plants that bite backbut they also had to learn how to prepare them in ways that would be both palatable and aesthetically appealing. Packed with information on collecting, preparing, and preserving easily identifiable wild edibles found in most suburban landscapes, this unique and inspiring guide explains how to bridge the gap between the food you are able to produce and what your family needs to survive. "As engrossing as a seed catalog and much more truthful. A new generation of homesteaders, nature enthusiasts, hikers, campers and would-be foragers have long awaited these passionate, compelling and hard-earned words of wisdom."Bee Culture magazine 199.



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