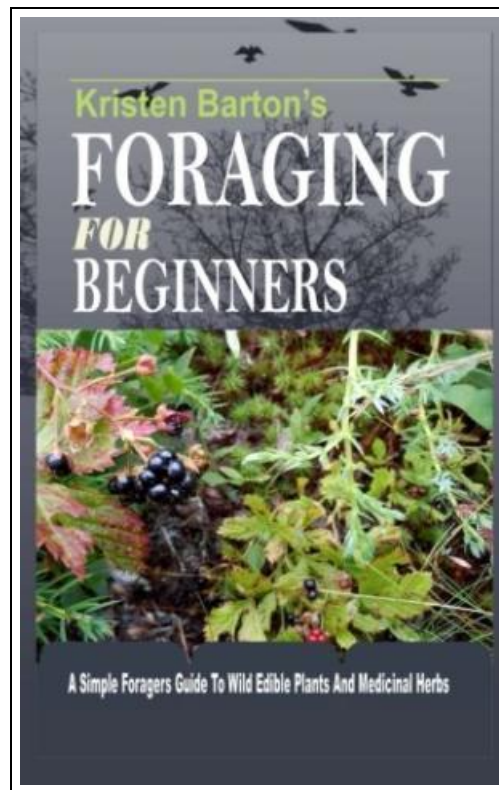


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FORAGING FOR BEGINNERS: A SIMPLE FORAGERS GUIDE TO WILD EDIBLE PLANTS AND MEDICINAL HERBS (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Get Ready To Enjoy The Pleasures Of Eating From The Wild. Foraging For Beginners contains all you need to start foraging wild edible plants and herbs. Many people have discovered the flavors, textures and elemental vitality of wild plants. Eating wild edibles will introduce a new dimension to your diet and you will develop a deeper connection with the environment. Whether it is fruit, vegetable or nuts, the bounty is sustainable and it is completely free. In this book, 39 wild plants are presented with pictures and descriptions for proper identification. You don t have to go too far to start foraging. Some of these wild edibles are likely to exist in your backyard, in fields and places you walk every day. Now, you can gain the skills for surviving if you ever find yourself in a situation where you have to live on foraged food. Just some of what you will learn are: * Foraging basics and rules * Foraging safety * Foraging tools * Proper plant identification with photographs * Medicinal information * A few recipes with wild edibles. And much more.



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