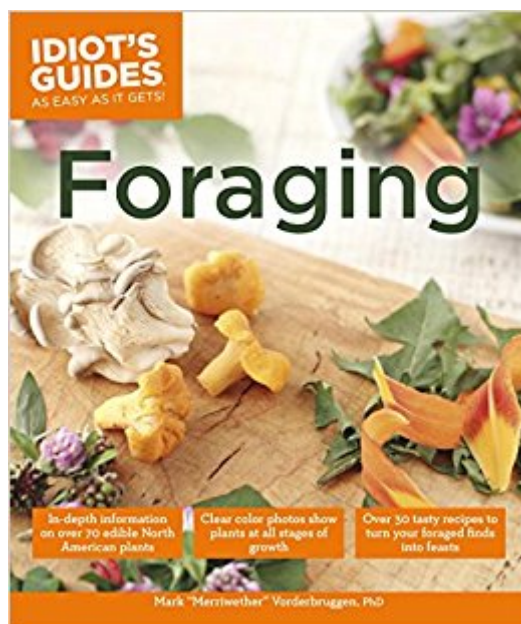


The book was found

Foraging (Idiot's Guides)



Synopsis

Foraged delicacies have become the latest foodie obsession. Wild edibles collected by professional foragers are proliferating on the plates of top-tier restaurants because they offer novel and ultra-fresh sensations for the tongue, and they frequently taste more flavorful than farmed foods. For people seeking new food experiences and wanting to forage for themselves, *Idiot's Guides®: Foraging* shows how to find wild edibles and when and how to harvest them. Includes 30+ tasty recipes that describe how to prepare these wild foods. * Includes common plants all across North America. * Covers positive plant identification. * Multiple large, full-color photos identify each plant (including the mature plant, how it looks at various stages of growth, and how it looks at the right stage of growth for harvesting). * Each entry gives facts on the plant's habitat, physical properties, which parts are edible, harvesting sustainability, preparation, storage, and poisonous look-alikes. * More than 30 delicious recipes. * Includes range maps and charts that list plants by habitat and by season.

Book Information

Series: Idiot's Guides

Paperback: 224 pages

Publisher: Alpha (April 12, 2016)

Language: English

ISBN-10: 1615648895

ISBN-13: 978-1615648894

Product Dimensions: 7.8 x 0.6 x 9.2 inches

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

Average Customer Review: 4.9 out of 5 stars 103 customer reviews

Best Sellers Rank: #65,883 in Books (See Top 100 in Books) #67 in Books > Science & Math > Nature & Ecology > Natural History #80 in Books > Science & Math > Nature & Ecology > Natural Resources #89 in Books > Science & Math > Nature & Ecology > Reference

Customer Reviews

Disclaimer: I am using the kindle e=book version. This is a great book that you can put on a phone and use the color photos to ID in the field. I am going to keep the rating at five but would have preferred if they replaced the recipes with more plant IDs.

In just a few minutes of browsing, I felt like this book was well worth the \$. I identified several

"weeds" (hen bit & pony foot) that could be used to add to regular iceberg salad to make it more nutritious and colorful. The husband was even nibbling green brier sprouts in our woods after reading about it! The book shows potential poisonous look alikes and gives instructions for safely trying new plants.

I LOVE this book! I was already a frequent visitor to the website but I find I learn better to see it in print. It amazes me how many of the common 'weeds' here I've been pulling up from the garden and embarrasses me that I didn't already know better. Ah well, it's never too late! I do hope he'll do more of these books, from his site there's loads more that could be included in future publications.

Just got the book....it is AWESOME !The photos are great. The recipes are inspired. I felt really comfortable foraging around our little place in East Texas.I think my biggest treat was skimming through the book and remembering the things my grandmother taught me as a child. Even though she's no longer with us, I can confidently share my love of foraging with my daughter.

I don't think a book could be more clear as to what to look for to identify plants -- excellent photos and details. I hope he'll write more foraging books like this one.

The only negative thing i have to say about this book is that It has forced me to patiently wait for the second edition. Upon receiving this book, by the time i had made it to my door i had positively identified 3 plants in my yard and the adjacent public park that are edible, as well as several im going to go take a closer look at out by the Lake that i think are listed. Good descriptions, helpful pictures, even has descriptions to help identify potentially dangerous look alikes. Well written, and you can tell the author finds genuine joy in sharing his knowledge of wild edibles with other interested people.

I purchased 2 of these books, one for myself and one for a friend, we both love it.I love that it has a USA map that shows in which states the plant can be found.Great photos of different parts of the plants.Includes info on plants that mimic a particular plant especially if it has toxic effects.Helpful instructions.Good recipes at end of book.

Mark is an obvious authority on the subject of edible wild plants and the book is well organized and filled with quality pictures to clearly illustrate each plant. He also shows dangerous look-a-likes to

avoid. I highly recommend this book to anyone interested in nature's pantry.

[Download to continue reading...](#)

Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts (Regional Foraging Series) Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series) Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) Foraging New York: Finding, Identifying, and Preparing Edible Wild Foods (Foraging Series) Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums (Regional Foraging Series) Southwest Foraging: 117 Wild and Flavorful Edibles from Barrel Cactus to Wild Oregano (Regional Foraging Series) Underwater foraging - Freediving for food: An instructional guide to freediving, sustainable marine foraging and spearfishing Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series) Survival: Prepper's Survival Guide - Hunting, Fishing, Canning, and Foraging (Home Defense, Foraging, Economic Collapse, Bug out bag, Bushcraft, Prepping) Foraging Mushrooms Maine: Finding, Identifying, and Preparing Edible Wild Mushrooms (Foraging Series) Foraging (Idiot's Guides) The Complete Idiot's Guide to World Religions, 4th Edition (Idiot's Guides) The Complete Idiot's Guide to Plant-Based Nutrition (Idiot's Guides) The Complete Idiot's Guide to Social Security & Medicare, 3rd Edition (Idiot's Guides) The Complete Idiot's Guide to Playing the Harmonica, 2nd Edition (Idiot's Guides) The Complete Idiot's Guide to Playing Drums, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Wicca and Witchcraft, 3rd Edition (Idiot's Guides) The Complete Idiot's Guide to Wicca and Witchcraft: 3rd Edition (Idiot's Guides)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)