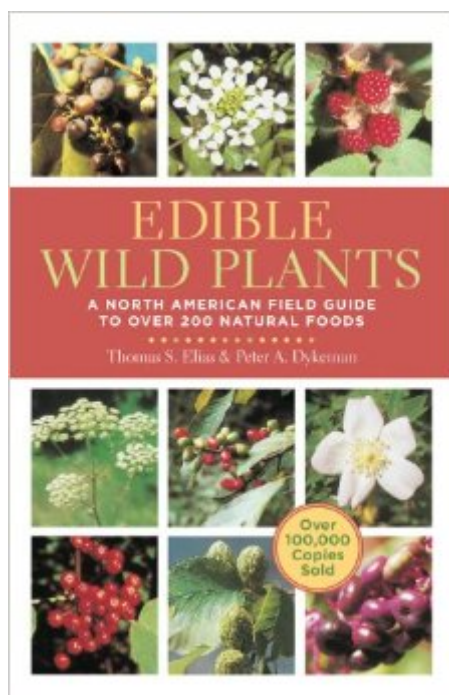


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# Edible Wild Plants: A North American Field Guide To Over 200 Natural Foods



## 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

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (261 customer reviews)

Best Sellers Rank: #10,512 in Books (See Top 100 in Books) #10 in [Books > Science & Math > Nature & Ecology > Reference](#) #23 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design](#) #23 in [Books > Science & Math > Biological Sciences > Plants](#)

## Customer Reviews

Beneficial foraging books  
The opening paragraphs are designed to assist others avoid some of the pit falls I made in purchasing wild food literature. You can skip this and go directly to the individual book reviews if you choose. Please note that this review is of multiple wild food books. I prefer authors that work with the plants they are writing about, and don't just repeat things they read from another book (yes some wild food authors actually do that). I also prefer books with good descriptions, lots of photos of each plant to make identification easier, and to cover the plant from identification to the plate. That's my bias, here is my review. I'm just a guy who likes to forage and enjoys the learning and nutritional aspect of wild foods. My main purpose for writing this review of multiple wild food books on one review is to assist others coming to wild foods for the first time (like I was three years ago), and to hopefully help them avoid some of the easily avoided pit falls I made in the literature I chose. At first I wanted books with the most plants in it for my money. It made sense

to me at the time but ended up being a grave mistake. Books that devote one picture and a brief explanation to a plethora of plants helped me identify some plants in one stage of growth, but did next to nothing that would have allowed me to use them as food. Example, most books will show you one picture of the adult plant. Many times that's not when you want to harvest it. No one would eat a banana that was over ripe and pure black and call banana's in general inedible due to that experience. Yet many who have sampled a dandelion have done exactly that.

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Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State  
Medicinal Plants of North America: A Field Guide (Falcon Guide)  
Medicinal Plants of North America) Edible Wild Mushrooms of North America: A Field-to-kitchen Guide  
Edible Wild Mushrooms of Illinois and Surrounding States: A Field-to-Kitchen Guide (Field-To-Kitchen Guides)  
North American Mushrooms: A Field Guide To Edible And Inedible Fungi (Falconguide)  
Foraging the Rocky Mountains: Finding, Identifying, And Preparing Edible Wild Foods In The Rockies (Foraging Series)  
The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants  
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Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40)  
A Field Guide to Wildflowers: Northeastern and North-central North America (Peterson Field Guides)

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