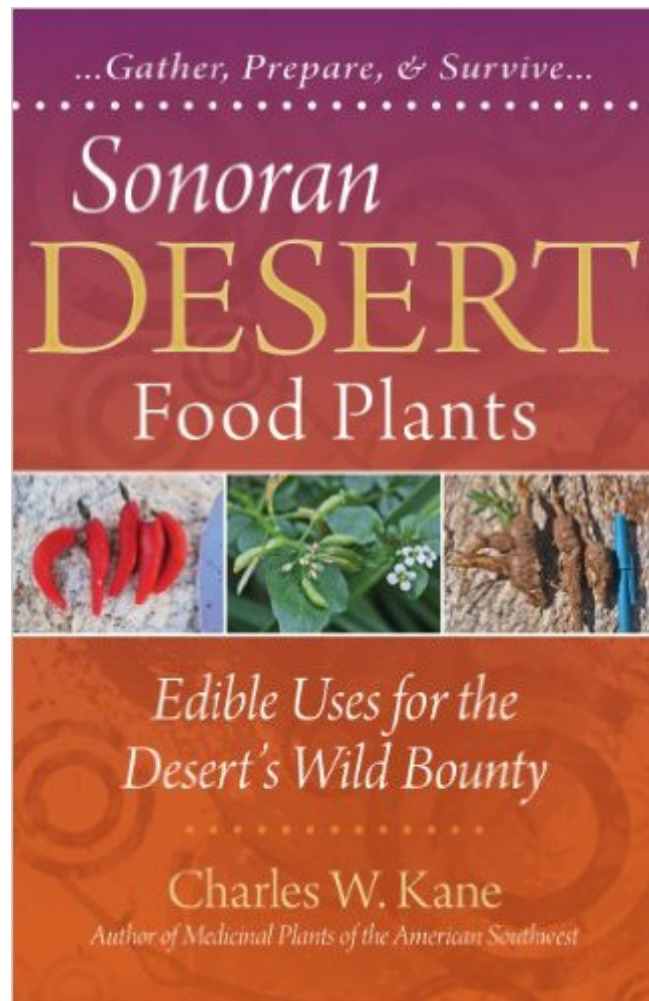


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# Sonoran Desert Food Plants: Edible Uses For The Desert's Wild Bounty



## Synopsis

Newly Revised and Expanded for 2014 *Sonoran Desert Food Plants* is specifically designed for the hiker, camper, hunter, or survivalist who is in need of a concise, no-nonsense booklet instructing on the collection, preparation, and utilization of 53 regional edible plants. Essentially: find it, gather it, and eat it. 106 color photos, state-by-state location maps, common and scientific names, preparation and toxicity issues, and concise medicinal and related ethnobotanical uses serve as accents making *Sonoran Desert Food Plants* a must-have desert-rat resource. The following plants are covered (45 indigenous to the Sonoran Desert/Uplands and 8 non-native yet abundant): Agave, Amaranth, Barrel Cactus, Beargrass, Bluedicks, Bowlesia, Canyon Walnut, Catclaw, Cattail, Chia, Chickweed, Cholla, Desert Hackberry, Desert Hollygrape, Devil's Claw, Elder, Filaree, Flameflower, Graythorn, Ground Cherry, Hedgehog Cactus, Ironwood, Jewels of Opar, Jojoba, Lambsquarters, Lemonade Berry, Mallow, Mariposa lily, Mesquite, Miner's Lettuce, Monkey Flower, Ocotillo, Paloverde, Papalo, Pincushion Cactus, Poreleaf, Prickly Pear, Saguaro, Sow Thistle, Texas Mulberry, Thistle, Tumbleweed, Watercress, Wild Carrot, Wild Gourd, Wild Lettuce, Wild Mustard, Wild Oats, Wild Rhubarb, Wild Sunflower, Wolfberry, Yucca (Fruit), and Yucca (Stalk). Readers will also find Kane's approach to the material refreshingly objective and on-target: no philosophical ramblings and epicurean cookbook recipes, just stripped-down, sensible information on how to best utilize the most common wild desert food plants of the Sonoran region. Printed and bound in the USA. Check out Kane's *Medicinal Plants of the American Southwest* for a more in-depth approach to the utilization of southwestern plants for medicine.

## Book Information

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## Customer Reviews

This book is what I expected for the price. Its a smaller size book with what seems like water resistant paper. Has color pictures which displays Sonoran desert plants that are edible. For the price its a great resource, which isn't really substantial enough to be a stand a lone guide. Worth the money and well written, AND I got it one day sooner than expected from --they're great.

This book is awesome! I have been looking for a book about useful desert food plants with just the right format. This book has everything I want including full color, glossy pictures. The pages are headed by the common name, but the scientific name is included as well. Size of the book is perfect to keep on the glove box of the truck or in a backpack. The information is very useful and quick and to the point. I would not only recommend this book, I would also check out his other 2 books.

I hesitated to get this book because it is so small, but was glad when I did finally buy it. The information is accurate and is based on both literary research and personal experience. The author does a good job of being concise but including most of the basic facts that one would want to know about these plants. He also chose a good selection of species to cover. The color photos are fair to good. If you live in the Sonoran region or the greater Southwest, this book will serve as an excellent introduction to the region's unique edible flora.

The book covers 50 plants that are edible in the south west, was a good but quick read, my only complaint is the book itself could have had different angles for all the plants viewed withing the book. beside that its a shame that most of the edible plants don't look that appealing, mostly weeds such as dandelions and clover look a likes, worst part is that most of the berries and food you can eat cant really be eaten more then a hand full at a time unless you don't mind getting diarrhea and dieing of dehydration in the Desert. The Desert be a cruel mistress.

Aside from the excellent photos of the plants I like how specific the directions were for preparing them to eat. I also liked the additional information offered such as medicinal uses and cautions. The book is thin and light which makes it easy to carry along on my desert outings. I've learned that using tongs to harvest prickly pear or similar cactus fruits is preferable to other methods and that placing the fruits in ice water and sloshing them around will remove most of the gloclids (tiny stickers) from the exterior. I like to peel mine before eating them but most folks eat the whole thing.

Kane's produced a very field-portable, user-friendly guide to the essential food plants of the Sonoran desert. I particularly like his "edibility index", a one word (high, medium low) characterization of the real palatability and/or unpleasant side effects of the flora in question. I'd agree with him whole-heartedly, for example, that jojoba beans, which show up as edible in numerous guides are, very much on the "low" side of this index. While you can get them down, they're likely to come back and haunt you hours later! The photographs are also good, often with a general view of the plant, then a close up of the edible part. He notes medicinal uses, but doesn't dwell on them, which is fine. I'd recommend this book for both the serious desert trekker and the casual hiker.

This book has excellent photographs and good plant descriptions; however, one of the plants it mentions should have a warning attached. It describes the wild carrot as edible, which it is, but neglects to mention a plant that looks quite similar but is poisonous - the poison hemlock.

I really like this as a small, concise resource for those who are looking for an introduction to Sonoran desert foot plants, but it's definitely NOT a comprehensive resource for those who have been studying native foods for any notable length of time. I would highly recommend it for beginners, but I think those who have already invested a lot of time in researching this information should PROBABLY look elsewhere. Cheers!

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