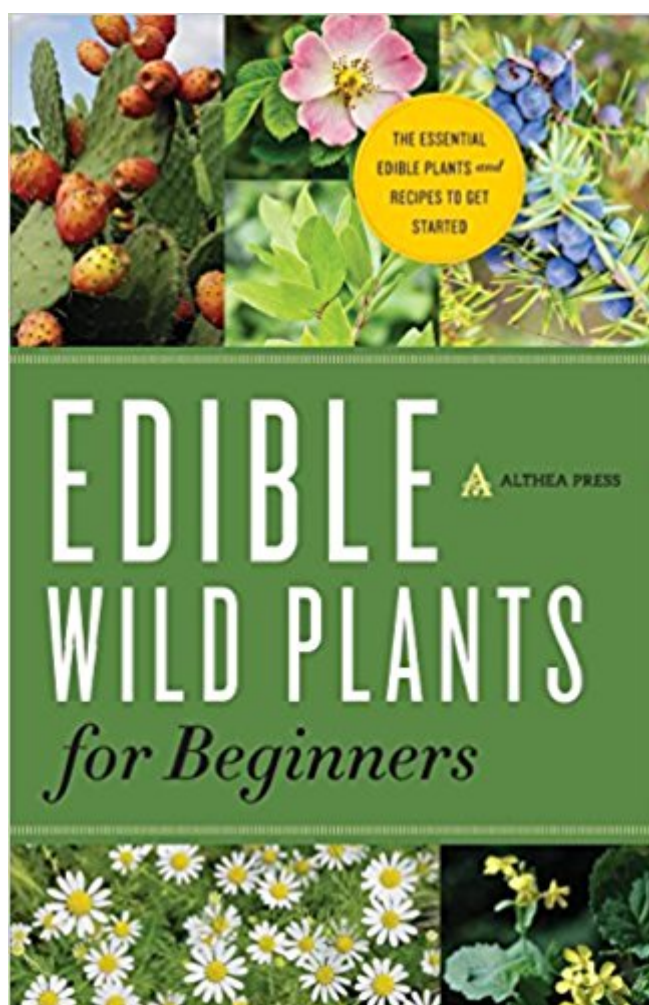


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# Edible Wild Plants For Beginners: The Essential Edible Plants And Recipes To Get Started



## Synopsis

Wild plants are not only beautiful, but they can also be an affordable and sustainable way to add flavor and nutrition to your diet. *Edible Wild Plants for Beginners* provides you with the essential information and guidance to begin foraging for edible wild plants and including them in your diet. *Edible Wild Plants for Beginners* provides profiles of common edible wild plants and includes information on dangerous look-alikes, the best time to harvest, where to find each type of wild plant, and how to cultivate your own garden. From natural remedies to delectable dishes and exotic cocktails, *Edible Wild Plants for Beginners* provides more than 95 ways for you to use these newfound ingredients. • *Edible Wild Plants for Beginners* will help you explore the world of edible wild plants and teach you how to use them in your home and kitchen, with: • More than 95 easy-to-follow edible wild plants recipes and remedies, including Amaranth Vegetable Curry, Pickled Jerusalem Artichokes, Chamomile Cookies, and a Purslane Martini • Tips for foraging, harvesting, and cultivating edible wild plants • Techniques for serving, preserving, and cooking with edible wild plants • 31 edible wild plant profiles, including descriptions, distinguishing features, preparation and collection tips, and common uses • 10 simple steps to making tinctures • A guide to identifying edible wild plants and avoiding common poisonous plants • With *Edible Wild Plants for Beginners*, you'll be able to start living sustainably, saving money, and adding variety to your diet the way nature intended.

## Book Information

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## Customer Reviews

Have you ever been out in nature with a friend, only to watch them nonchalantly pick a leaf or berry, or even unearth a root and begin eating it? When you ask what they are doing, they inevitably seem surprised. “Oh, this is \_\_\_\_\_, you can tell by the flowers. Here, try some. It’s good.” Have you ever wanted to be that in-the-know, nature-eating friend? If so, this book is for you. *Edible Plants for beginners* offers a quick primer on foraging history, some rules of thumb and techniques for the activity, and a fairly extensive set of edible plant profiles and accompanying recipes. There are also appendices on making tinctures and the top ten (most common) poisonous plants in North America, many of which are flower garden mainstays. The information is presented well, and there are copious warnings and best practices to keep greenhorn foragers from endangering themselves with look-alike, out of season and contaminated plants. While this is a beginner’s guide, I wish there were more visuals. Cramming the book with multiple photos of every edible would not be feasible. However, the introductory sections about foraging would have been even more evocative with paintings, drawings or photos of indigenous people gathering edible plants into handmade baskets. Stock photos of forests, urban growth, gardens and other environs would also make the activity of foraging come alive in the pages. While the one photo per edible plant is appreciated, drawings or photos of the different parts of the plants would be great too. It also seems a little ironic that the top ten plants that will poison you don’t even get pictures or drawings. It seems to be taken for granted that the reader will have to use the internet or a more comprehensive book to really get serious. “*Edible Wild Plants for Beginners*” seems to be relegating itself the status of stepping stone in that way. Disclosure: I received this book at no charge.

It could have used more pictures of the plants and what they look like when being prepared for eating, and what the edible plants look like after cooking perhaps. I am a visual learner, the material was well written, and the pictures supplied were fine, but like I already stated, I would have liked more of them.

Are you looking for ways to eat healthy and save money? *Edible Wild Plants for Beginners* is a great way to start. You will learn the basics of edible plants, what is edible, when to harvest, the tools you will need and ideas about where to go near you. I found the chapter on Wild Food especially interesting. I had no idea the nutritional value of the plants that grow wild around me. There are also details regarding transporting the plants home, storing and serving/preserving them. I would be sure

to checkout the chapter that gives an extensive step by step to test any plant you have found, verifying that you do not have an adverse reaction to it. I am ready to get started!

Edible Wild Plants for beginners gives those who are interested in further exploring this topic all the information they will need from outlining wild plants that humans can eat, how to identify such plants, and how to use these plants in recipes. Additionally, this publication informs the reader about how to identify toxic plants and how to ensure that one could tolerate the various parts of wild plants by outlining in detail the "Universal Edibility Test". The publication will stimulate interest in this topic even in those individuals who initially may only have had a passing interest in eating wild plants. The book is well-written and one can move through it quickly. The author also provides additional resources at the end of the publication for furthering exploring edible wild plants.

Excellent book covers 31 commonly found edible plants, giving descriptions, locations, parts to avoid, poisonous look-a-likes and a very very small color photo of the plant. There is a protocol for determining whether a unknown plant is toxic, although it takes so long that someone in a survival predicament would find it frustrating. There are also some recipes and medical usages listed, that are very interesting. A lot of advice on staging a internet search along with some good websites and reference books is given. The book is very well written, organized, formatted. It also has a great active table of contents and navigation system. My major complaint would be the tiny photos.

My friends would think I was crazy if they knew I wanted to eat wild stuff in nature. Come to find out there's a whole culture for eating edible wild plants. "Edible Wild Plants..." was perfect for getting my palette whet for the first time so to speak. I never would've thought the process was so entailed, yet easy. This is not something to approach halfheartedly. Eating from the wild can be poisonous, dangerous and/or fruitless (pun intended). I am armed with sound knowledge of not only being a "good steward", but doing essential edibility tests and how to be cautious of wildlife. This is a quick read and the information has changed the way I look at eating WILD STUFF.

This review is on an excellent selection of wild plants that are edible, healthy and safe for human consumption. The photographs are excellent; complementing the accuracy of information compiled for depicting wild edibles. The book begins with an introduction to the basic concepts, safety and identification of wild plants while foraging, stating the incredible nutritional benefits of these plants as

compared to hybridized domesticated plants, which foist a risk to the environment and human health. The coverage of effectively utilizing wild plants is extensive and the text includes an in-depth compilation of delectable recipes from these wild edibles! The text is crafted with explicit information, classic photographs and ingenuity, in accordance with the caliber of wild food writing, making the book a compelling read. Dr. Sayini Devarajan

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