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Plants For A Future

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EDIBLE PLANTS

AN INSPIRATIONAL GUIDE TO CHOOSING AND
GROWING UNUSUAL EDIBLE PLANTS



Plants For A Future

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By Karl Peter Andersen I would recommend this book and the website "Plants for a future" with a lot of helpful information for anyone interested in edible and medicinal plants

There are over 20,000 species of edible plants in the world yet fewer than 20 species now provide 90% of our food. However, there are hundreds of less well-known edible plants from all around the world that are both delicious and nutritious. It is our belief that plants can provide people with the majority of their needs, in a way that cares for the planet's health. A wide range of plants can be grown to produce all our food needs and many other commodities, whilst also providing a diversity of habitats for our native flora and fauna. This book describes and provides advice on growing some of the lesser known and unusual edible plants, with an emphasis on perennials. Information includes: Alternative Fruits and Root Crops, Edible Leaves, Edible Flowers, Winter Salads, Staple Seed Crops and Useful Weeds.

About the Author
Plants For A Future (PFAF) is a charity providing a resource and information centre for edible and otherwise useful plants. The main aims of the charity are researching and providing information on ecologically sustainable horticulture, promoting a high diversity, holistic and permacultural approach namely 'woodland gardening'. The aim is to use a minimal input of resources and energy, create a harmonious eco-system and cause the least possible damage to the environment whilst achieving high productivity. Plants For A Future develop and administer the online pfaf.org edible and medicinal plant database which includes information on approximately 7,000 useful plants. Plants For A Future believe plants can provide people with the majority of their needs, in a way that cares for the planet's health. A wide range of plants can be grown to produce all our food needs and many other commodities, whilst also providing a diversity of habitats for our native flora and fauna.