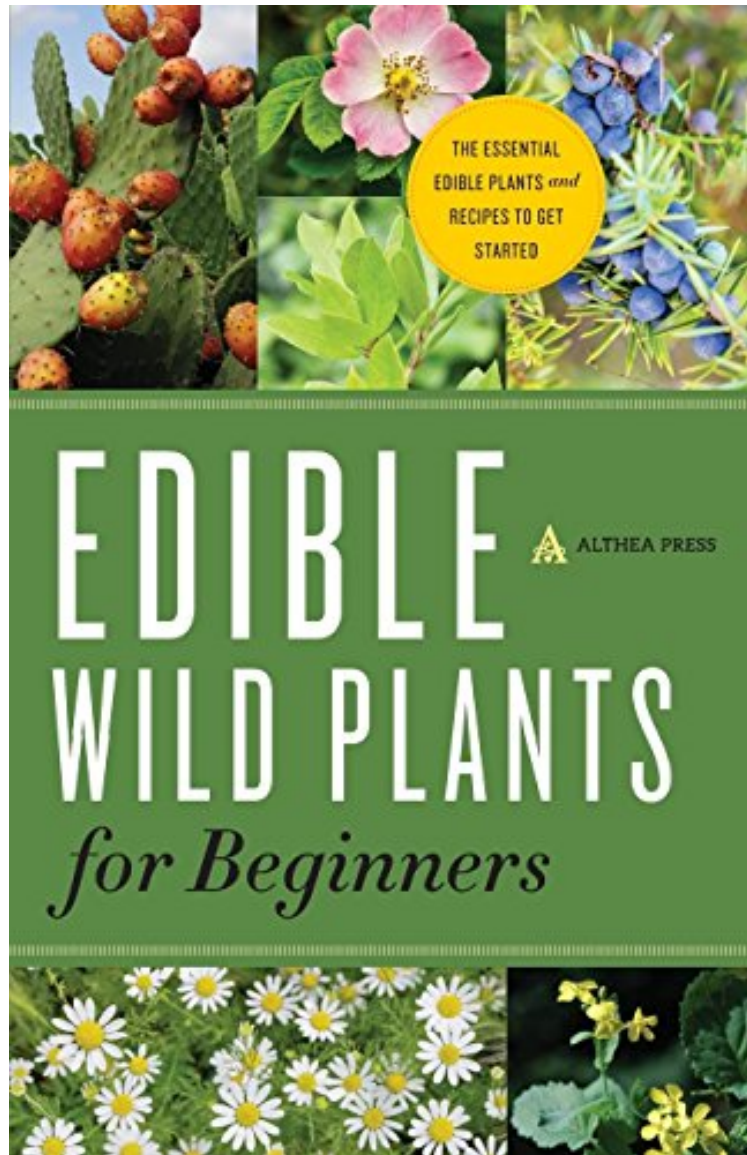


[Free] Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started

Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started

Althea Press

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Althea Press : Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started before purchasing it in order to gauge whether or not it would be worth my time, and all praised Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started:

52 of 52 people found the following review helpful. A Solid Intro to Wild Edibles, But Could Use More VisualsBy

Crispus_Attacks 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 saying something like Oh, this is _____, you can tell by the flowers. Here, try some. Its 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 beginners 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 dont 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. 0 of 0 people found the following review helpful. More Pictures Needed to Help Identify what parts of the plants to use and how. By Gamma Sims 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 where fine, but like I already stated, I would have liked more of them. 1 of 1 people found the following review helpful. Easy to read and follow! By NCARRT 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!

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.