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Foraging: The Essential Beginners Guide to Foraging Medicinal Herbs and Wild Edible Plants

Jane Collins

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before purchasing it in order to gage whether or not it would be worth my time, and all praised Foraging: The Essential Beginners Guide to Foraging Medicinal Herbs and Wild Edible Plants:

2 of 2 people found the following review helpful. I would like to forage someday.By Maye D.I love watching a Korean reality show where the subject goes up a hill and forages for edible herbs and fruits, such as wild spring onions, mugworts, berries, and the like. They seem to like the fresh salads they make out of what they have harvested and now, I wonder, if that is possible in the US. When I saw this book online, I just had to buy it. I am dreaming of just trekking to a small hill and just forage around in search of edible and medicinal herbs but I am still hesitant to do so because I am not expert in identifying the plants. I just wished this book had pictures.0 of 0 people found the following review helpful. Some of the pictures were so poor, I hardly recognized plants I'd intentionally planted in ...By VhaineLittle more then pictures and a paragraph. Some of the pictures were so poor, I hardly recognized plants I'd intentionally planted in my own back yard. I wouldn't want to count on this for identifying anything that had the potential to be poisonous.1 of 1 people found the following review helpful. glad I didn't pay for itBy brianA book about foraging with no pictures, glad I didn't pay for it.

You're about to discover how to.... Forage for herbs and other plants that provide medicinal and edible properties. You'll be able to harvest herbs, berries, and entire plants in your area for consumption without having to step foot in a grocery store! No longer will you worry about where your food has come from or what's on it, but rather you'll know that you picked the herbs you're consuming from a reliable area and a sustainable source. Here is a preview of what you'll learn: The do's and don'ts of foraging. How to find safe berries to pick and consume. Common plants that are edible. Common herbs used for medicinal purposes and culinary purposes. How to store the plants and herbs you find to make them last longer. Much, much more! Download your copy today!