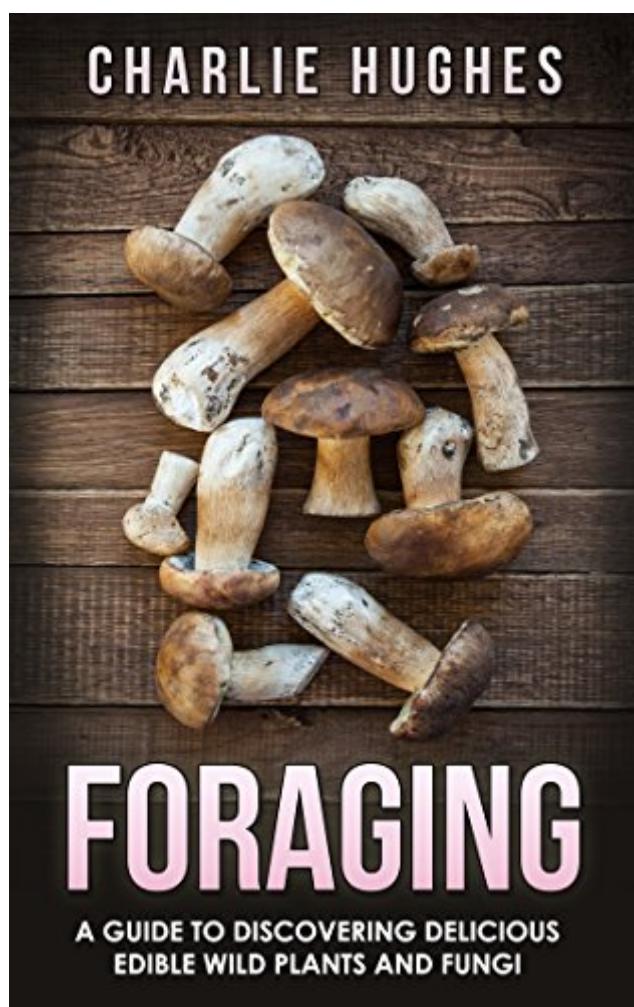


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Foraging: A Guide To Discovering Delicious Edible Wild Plants And Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1)



Synopsis

.Foraging, A Guide to Discovering Delicious Edible Wild Plants and FungiCut your grocery bill and improve your health by finding free nutritious food available all around usForaging your own food can be a rewarding experience. Humans are by nature hunter gatherers but modern life has made us lose these skills. With this guide you can rediscover how to connect with mother nature and provide yourself with the knowledge to provide for yourself, and your family, with free nutritious food.If you have never foraged before but would love to try then this guide is for you. This book has been written specifically for the beginner to foraging. We have included pictures to make it easier to identify what nature can safely provide for us to eat.This book is FREE for Kindle Unlimited UsersNo matter where you live, whether you are surrounded by miles of countryside or deep in the heart of a bustling city, once you know what to look for you will find a treasure trove of delicious, nutritious and free food just waiting to be foragedSo if you want to know more about the art of foraging and how it can help you find delicious, nutritious, and free food then download your copy today and get started.Here's A Preview Of What You'll Find In This Guide...How to Identify Wild Edible PlantsHow to Identify Wild Edible FungiEssential Information To Get You StartedWhere to Find Plants and FungiWhen is the Best Time to ForagePictures to Help with ForagingUses for Foraged FoodStoring Your Foraged FoodAnd Much More!Download your copy today to receive all of this information!Tags: Forage, Herb Garden, Wild Herbs, Wild Flowers, Wild Mushrooms, Edible Plants, Parsley, Basil, Cooking, Gardening Books, Growing Herbs for Dummies, Mint, Tarragon, Cilantro, Vegetable Patch, Vegan, Vegetarian, Free Food, Nutritious Food, Frugality, Wild Berries, Foraging Books, Edible Fungi

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Customer Reviews

Get back to nature. Here's a great book that provides all the information you'll need to know about foraging. That's rightâ "foraging, like the hunters and gatherers of old. I was amazed at what edible things you can find right in a nearby forest or field. The book shows you how to identify whatâ ™s safe to eat, and what isnâ ™t. Do it for fun, do it to save money, do it for the experience, or just as a family activity, not only can you find free nutritious food, you can learn a lot about the nature around you and experience the food gathering techniques of ancestral peoples.

Enjoyable reading, BUT- without the scientific names in Latin it is just an interesting tale (please, note that not every reader will be a native English, and even English people cannot identify the plant if you don't use some synonym names)- synonyms in other languages would also be helpful for foreign readers (together with the scientific names, of course!)- the presented set of edible plants that can be safely collected in nature is far not complete- the real presentation of similar but dangerous species is quite missing and simplified- the range of usage tips are rather narrow

The book unites us with nature and return to the bosom of our natural. The author has provided a pretty good practical guidance on the collection of edible mushrooms and forest plants, of which we are the children of supermarkets has long been unaccustomed. Description complete will become clear not even the initiated people, one can see that the book is based on my own experience as well as provided a large number of their own practical examples . I recommend.

By studying foraging and nature, we enjoy our renewable resources and ... Enjoy my tasty, innovative vegan wild plant recipes and mushroom recipes. ... camp, scout troop, garden club, or library; or to discover what's growing on your property. This is going to be a naturally delicious experience. ... of our newly discovered hints and tips for foraging, wild cooking and photographing food.

I was interested in Foraging so I purchased this book. The author seems to cover all of the essentials with specific necessary details. The information makes me already feel knowledgeable, though I'm not ignorant enough to think reading this will make me an expert. An excellent read for those interested in learning how to identify which can be eaten and which you should avoid.

I liked that I could see plants here that would simply register in my mind as weeds. This book pointed out some plants I could find in my own backyard to eat from. I was hoping that there would have been a bigger variety , as well as more photos, but overall I learned more than I did before.

I purchased this book out of curiosity on what Foraging is.I have fun and at the same time excited about this book since foraging is really new to my ears.Its like reading the books of our old ancestors in looking and combining unique herbs recipes for a healthy lifestyle.I must say this book really catches my attention and refreshed my mind about foraging and its unique characteristics perfect for those career woman like me who also loves adventurous herbs recipes that can be used in a day to day lives.

This is a very well written short version of pictures and what to look for in an edible food, book. I love the way the author describes the flavors of each wild plant and how he gives an association of known foods to go along with the plants description....We need more authors of edible wild foods, like this one!. Thanks Charlie!

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