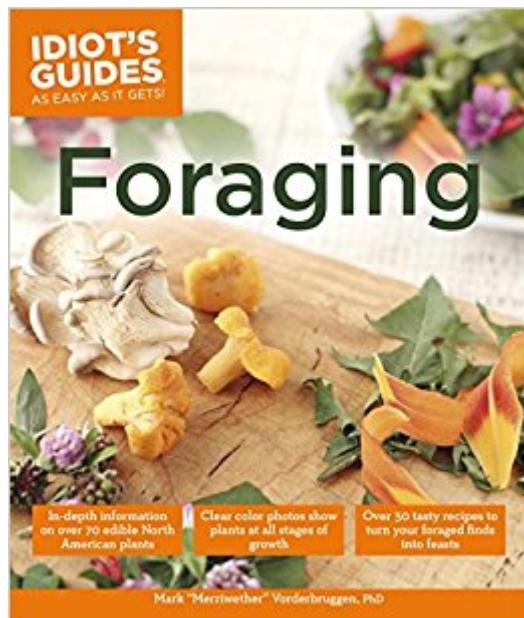


The book was found

Foraging (Idiot's Guides)



Synopsis

Foraged delicacies have become the latest foodie obsession. Wild edibles collected by professional foragers are proliferating on the plates of top-tier restaurants because they offer novel and ultra-fresh sensations for the tongue, and they frequently taste more flavorful than farmed foods. For people seeking new food experiences and wanting to forage for themselves, *Idiot's Guides* Foraging shows how to find wild edibles and when and how to harvest them. Includes 30+ tasty recipes that describe how to prepare these wild foods. * Includes common plants all across North America. * Covers positive plant identification. * Multiple large, full-color photos identify each plant (including the mature plant, how it looks at various stages of growth, and how it looks at the right stage of growth for harvesting). * Each entry gives facts on the plant's habitat, physical properties, which parts are edible, harvesting sustainability, preparation, storage, and poisonous look-alikes. * More than 30 delicious recipes. * Includes range maps and charts that list plants by habitat and by season.

Book Information

Series: Idiot's Guides

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Product Dimensions: 7.8 x 0.6 x 9.2 inches

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Average Customer Review: 4.9 out of 5 stars 103 customer reviews

Best Sellers Rank: #65,883 in Books (See Top 100 in Books) #67 in Books > Science & Math > Nature & Ecology > Natural History #80 in Books > Science & Math > Nature & Ecology > Natural Resources #89 in Books > Science & Math > Nature & Ecology > Reference

Customer Reviews

Disclaimer: I am using the kindle e-book version. This is a great book that you can put on a phone and use the color photos to ID in the field. I am going to keep the rating at five but would have preferred if they replaced the recipes with more plant IDs.

In just a few minutes of browsing, I felt like this book was well worth the \$. I identified several

"weeds" (hen bit & pony foot) that could be used to add to regular iceberg salad to make it more nutritious and colorful. The husband was even nibbling green brier sprouts in our woods after reading about it! The book shows potential poisonous look alikes and gives instructions for safely trying new plants.

I LOVE this book! I was already a frequent visitor to the website but I find I learn better to see it in print. It amazes me how many of the common 'weeds' here I've been pulling up from the garden and embarrasses me that I didn't already know better. Ah well, it's never too late! I do hope he'll do more of these books, from his site there's loads more that could be included in future publications.

Just got the book....it is AWESOME !The photos are great. The recipes are inspired. I felt really comfortable foraging around our little place in East Texas.I think my biggest treat was skimming through the book and remembering the things my grandmother taught me as a child. Even though she's no longer with us, I can confidently share my love of foraging with my daughter.

I don't think a book could be more clear as to what to look for to identify plants -- excellent photos and details. I hope he'll write more foraging books like this one.

The only negative thing i have to say about this book is that It has forced me to patiently wait for the second eddition. Upon recieving this book, by the time i had made it to my door i had positively identified 3 plants in my yard and the adjacent public park that are eddible, as well as several im going to go take a closer look at out by the Lake that i think are listed. Goid descriptions, helpfull pictures, even has descriptions to help identify potentially dangerous look alikes. Well writen, and you can tell the author finds genuine joy in sharing his knowledge of wild edibles with other interested people.

I purchased 2 of these books, one for myself and one for a friend, we both love it.I love that it has a USA map that shows in which states the plant can be found.Great photos of different parts of the plants.Includes info on plants that mimic a particular plant especially if it has toxic effects.Helpful instructions.Good recipes at end of book.

Mark is an obvious authority on the subject of edible wild plants and the book is well organized and filled with quality pictures to clearly illustrate each plant. He also shows dangerous look-a-likes to

avoid. I highly recommend this book to anyone interested in natures pantry.

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