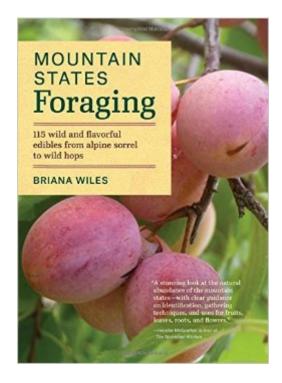
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Mountain States Foraging: 115 Wild And Flavorful Edibles From Alpine Sorrel To Wild Hops (Regional Foraging Series)





Synopsis

Forage for wild edible plants in the mountain west! From alpine meadows to high deserts and lush forests, the mountain states are rich with wild edibles. Forager and herbalist Briana Wiles helps you find delicious plants for the pickingâ "treats like spicy wild onion flowers, tender spring asparagus, and sweet late-summer blueberries. Back in the kitchen, infuse vinegars with spruce tips or make stinging nettle pesto with freshly foraged pià on nuts.

Book Information

Series: Regional Foraging Series Paperback: 340 pages Publisher: Timber Press (June 15, 2016) Language: English ISBN-10: 1604696788 ISBN-13: 978-1604696783 Product Dimensions: $6.5 \times 0.9 \times 9$ inches Shipping Weight: 1.7 pounds (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #161,156 in Books (See Top 100 in Books) #105 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #194 in Books > Science & Math > Nature & Ecology > Natural Resources #237 in Books > Science & Math > Nature & Ecology > Reference

Customer Reviews

I LOVE this book! The day after I purchased it, I went for a hike which took on a whole new meaning! I came home with wild-foraged food and inspiration for experimentation in the kitchen. This is a beautiful book, a perfect reference, and an excellent trail companion! Experiences in the woods, deserts, and marshes of the mountain west will never be the same!

This is an excellent reference for beginning or experienced foragers. The scope and coverage, the quality and particular selections of the photos for each species treatment, the writing, graphics and layout are all outstanding. I particularly like the clear, consistent and helpful formattingâ "the â œlayersâ • of information and ease of accessing information. Itâ ™s all very appealing to the eye, well-written, and easily understood and used. The content is sound and thorough. Thereâ ™s none of the generalizing that is sometimes found in other herbal references; the author's passion for each species is apparent through her lively voice of experience. I appreciate the conservation ethic that

appears here and there throughout the book, with clear explanations for foragers who might be naive re: inappropriate harvesting. As well, she includes cautionary advice, where needed, about possible risks in contact, preparation and consumption. The author sustained a fun and inspiring â œteachable momentâ • in the entire book!

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