## 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 piÃ 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 starsÂ Â See all reviewsÂ (2 customer reviews)
Best Sellers Rank: \#161,156 in Books (See Top 100 in Books) \#105 inÂ Books > Cookbooks, Food \& Wine > Cooking Methods > Organic \#194 inÂ Books > Science \& Math > Nature \& Ecology > Natural Resources \#237 inÂ 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 ${ }^{T M} S$ all very appealing to the eye, well-written, and easily understood and used.The content is sound and thorough. Thereâ ${ }^{T M}$ 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!

## Download to continue reading...

Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series) Foraging: Your Beginner's Guide and Definitive Handbook to Foraging Wild Edible Plants and Herbs(foraging guide, foraging for beginners, foraging for survival, foraging tips, foraging wilderness) California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) Mountain Biking: The Complete Guide To Mountain Biking For Beginners (Mountain Biking, Biking, Mountain Bike For Beginners, Mountain Bike Skills) Foraging: A Beginner's Guide for Foragers: Wilderness Survival Skills, Self-Sufficient Living and Foraging Wild Edible Plants Foraging: A Beginner's Guide To Foraging Wild Edible Plants And Herbs Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2) Mountain Biking Colorado's San Juan Mountains: Durango and Telluride (Regional Mountain Biking Series) Mountain Biking the San Francisco Bay Area: A Guide To The Bay Area's Greatest Off-Road Bicycle Rides (Regional Mountain Biking Series) Mountain Biking Northern California (Regional Mountain Biking Series) Native Indian Cookbook: Wild Game, Fish, and Wild Edibles Ecuador and the United States: Useful Strangers (United States and the Americas) (United States and the Americas) (The United States and the Americas) Mountain Bike Way of Knowledge: A cartoon self-help manual on riding technique and general mountain bike craziness . . . (Mountain Bike Books) Rocky Mountain Fruit \& Vegetable Gardening: Plant, Grow, and Harvest the Best Edibles - Colorado, Idaho, Montana, Utah \& Wyoming (Fruit \& Vegetable Gardening Guides) Growing the Southwest Garden: Regional Ornamental Gardening (Regional Ornamental Gardening Series) Growing the Northeast Garden: Regional Ornamental Gardening (Regional Ornamental Gardening Series) Growing the Midwest Garden: Regional Ornamental Gardening (Regional Ornamental Gardening Series) Wild Snow: A Historical Guide to North American Ski Mountaineering (American Alpine Book Series) The Forager's Feast: How to Identify, Gather, and Prepare Wild Edibles (Countryman Know How)

## Dmca

