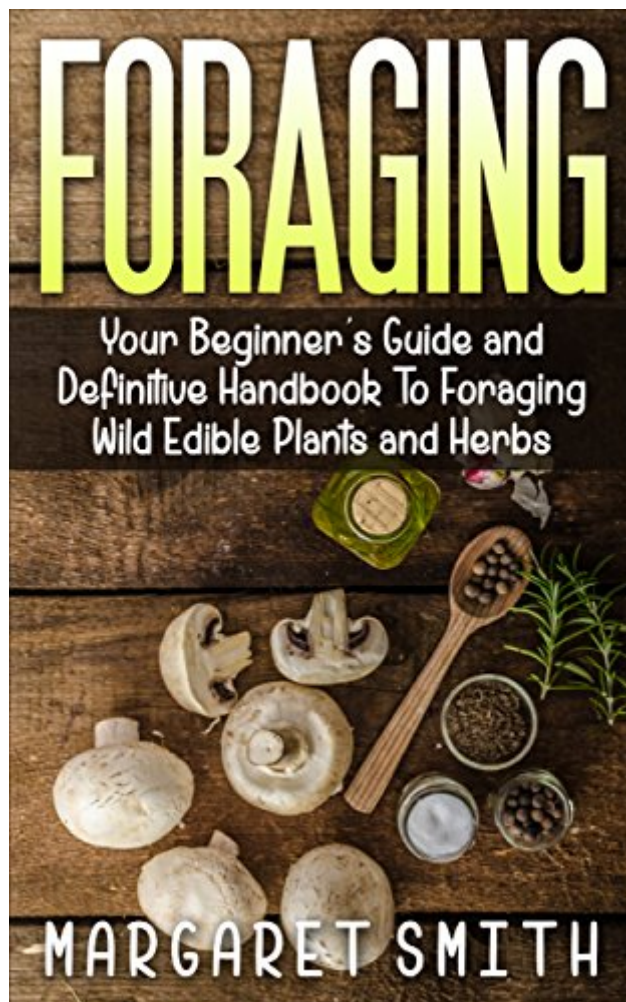


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# Foraging: Your Beginner's Guide And Definitive Handbook To Foraging Wild Edible Plants And Herbs(foraging Guide, Foraging For Beginners, Foraging For Survival, Foraging Tips, Foraging Wilderness)





## Synopsis

Download FREE with Kindle Unlimited! Foraging: Your Beginner's Guide and Definitive Handbook to Foraging Wild Edible Plants and Herbs Today only, get this for just \$2.99. Regularly priced at \$8.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Nature is truly a revelation. It gives us many unsuspecting food sources and a wonderful array of tasteful produce that is beyond people's imagination. To have the knowledge that there are still other foods left undiscovered in the wild is truly amazing. Wild food grows everywhere: along roadsides, woods and in the fields and even in your own backyard. Fruits, mushrooms, nuts, edible flowers, edible plants and many others are all delicious and nutritious as well. The good thing about it is that it's free and you can harvest them! So why do you need to forage? Simply because you can enjoy the wonders of nature, connect with your environment and most of all find good, fresh produce that are nutritious and healthy for you and your family. However before you start foraging and digging in to look for those edibles, you have to know where you can find these wild foods, what to pick, what to pick and how to prepare your precious finds. Not to worry, for you now hold a valuable guide that will help you embark on your journey to the wonderful world of foraging. Here are some of the things that you will learn:

- Benefits of Foraging Plants and Herbs
- Medicinal Herbs from the Wild
- Edible Herbs You'll See in the Wild
- Best Tips and Tricks in Foraging Herbs
- The Right Ways of Storage and Preparation of Wild Herbs and Medicinal Plants
- Things you'll need to start Foraging
- Knowing the Right Foraging Tools
- Things to avoid when Foraging
- Using Foraging to survive
- Herb Recipes

much, much more! Scroll up and click "Buy now with 1-Click" button to receive this life changing information for just \$2.99 Download Your Copy of Foraging: Your Beginner's Guide and Definitive Handbook to Foraging Wild Edible Plants and Herbs Right Now!

Tags: foraging guide, foraging for survival, foraging tips, foraging, foraging wilderness, foraging wild and healing foods, foraging for beginners, medicinal herbs, medicinal wild plants, medicinal mushrooms, medicinal herbs for beginners, foraging, herbal medicine, herbal remedies, herbal antibiotics, natural remedies.

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## Customer Reviews

If you're a foraging newbie, learning about how to gather and prepare wild food can seem daunting. And if you're a seasoned forager, you can always use new inspiration for what to do with the bounty. In this nicely written book, the author shares her wild plant knowledge, including where to find, how to forage and gather, how to use, and related folklore. Even if you don't have the specific ingredients where you live, there are lots of inspiring ideas that can be adapted by foragers around the world. While this isn't a cookbook or field guide, I highly recommend it for seasoned foragers, curious newbies, and anyone interested in discovering the natural world around them.

I have over a dozen wild edible books and this is, by far, the best that I've seen. It is written in a very user-friendly way. The novice lay person picking up this foraging ebook for the first time would be able to confidently go out and collect any of the highlighted plants and have a high rate of success. It has a wealth of information and a very valuable resource. I strongly recommend this book!

What no photos ? Talking about mushroom without photos is unforgivable ! There is some good info, but the lack of photos really cripple the use of this book. If you get this book you should realize you need a much more detailed book before doing any foraging .

Excellent resource for learning how to forage for food if necessary or desired. The only thing that would make it better is to have pictures of the edible species of plants so as to help the reader know

what is good and what isn't. But it is a very short resource and quick read, also includes a bonus on gardening. I believe that foraging has become a lost art for most these days and so having a resource to know what is edible and what is not is wise. Margaret did a swell job of putting this book together, it's an easy read and you gain knowledge!

I have just recently heard of an elderly couple that died after eating wild mushrooms they got from their back garden. This type of stories is making me hesitant. Even if foraging sounds as the most attractive idea to a nature lover as myself, I simply wouldn't go ahead and do it. Unless I gained first some knowledge on the different food I could find. This book contains a good variety of eatable plants and herbs, so that you can start foraging. I liked the details, but would appreciate if the author would include some photos of the plants and herbs.

My main concern with foraging was the mushroom issues that I have often heard and read about. You have to know the right one and how to pick it or it may cost you your very life. This book opened me up to various aspects of the fine art that are had never had the pleasure of indulging in. I think in a time of GMOs foraging needs to be brought into the forefront in many homes as well as for those who like myself have a love for the outdoors. To know what you eat is to love what you eat.

The mushroom was the only wild food that I eat, that's because it was the only one I know. I was surprised, and relieved to know that there are lots of edible wild foods. Aside from that, I also learn through this book how to know which is safe and which is dangerous. Most importantly, the book will guide the beginners on how to make their gardens filled with edible plants, crops, and weeds that are certainly nature's gifts. So now, don't just eat; eat healthy.

Easily the best wild food guide currently available, particularly for beginners. What it lacks in scope it makes up for in exquisite detail, and entertainment value. If you have been frustrated as I have with other plant identification guides because of lack of practical information on actual harvest and use of the plants, this guide is for you.

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