



# **Adventures in Edible Plant Foraging: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants**

*Karen Monger*

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Purchasing vegetables and leafy greens can become rather pricy. Moreover store-bought greens often contain unhealthy pesticides and chemicals that can be harmful to your health. Foraging for wild plants is a cost effective and healthy alternative. Harvested wild plants are cheaper, and much healthier with a significantly higher nutritional value than what you typically purchase in grocery stores contain. On top of that, harvesting your own plants will force you to get out, exercise, and explore the great outdoors, which is an excellent way to stay fit and spend time with your family.

Written with novice foragers in mind, *Adventures in Edible Plant Foraging*, serves as a simplified guide to edible plants that can be found throughout North America, and includes a glossary of botanical terms. This all encompassing guide will teach you how to prepare for your first foray into foraging—what to bring and what to watch out for—and show you how to identify various edible wild plants native to your own backyard, the forest, fields and the sandy shores along lakes and beaches.

With over 90 full color photographs and 20 recipes for soups, salads, muffins, desserts, and more, this book is a must have for anyone looking to save money and begin their first expedition into foraging.

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