

## Wild Edibles A Practical Guide To Foraging With Easy Identification Of 60 Edible Plants And 67 Recipes

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Now, in Wild Edibles, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants.

*Wild Edibles: A Practical Guide to Foraging, with Easy ...*

Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes eBook: Sergei Boutenko: Amazon.co.uk: Kindle Store

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*Wild Edibles: A Practical Guide to Foraging, with Easy ...*

In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes.

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Wild Edibles: A Practical Guide to Foraging by Sergei Boutenko gives hikers, backpackers, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to safely and responsibly identify, harvest, prepare, and eat wild edible plants.

*Wild Edibles: A Practical Guide to Foraging by Sergei Boutenko*

THE MOVIE (DIGITAL) PLUS TEN EBOOKS -- For your contribution, you will receive a digital download of the movie (Wild Edibles: A Practical Guide To Foraging) and following 10 ebooks: 1.) Edible Berries, 2.) Cattails, 3.) Edible Flowers, 4.) Edible Trees, 5.) Edible Grasses, 6.) Summer Edibles, 7.) Winter Edibles, 8.) Plant Parts, 9.)

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“Wild Edibles is a useful guide to foraging and includes information on identifying 60 edible plants. Many colorful photographs and line drawings are provided as well. The author also presents clear details on which wild plants

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