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California Foraging 120 Wild And

Buy California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging) by Judith Lowry (ISBN: 9781604694208) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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A passionate wild 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger By Judith Larner LowryTimber Press, 2014paperback, 344 pages The diversity of California's terrain and climate are a forager's dream, with unique offerings from the coast, the mountains, the deserts, and everywhere in between.

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California Foraging is a hardworking guide packed with detailed information and clear photography for the safe identification of more than 120 wild plants. It also features a seasonal guide for foraging year-round and collecting tips for sustainable harvesting. If you'd like the book autographed, please let us know to whom. \$24.95

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California offers a veritable feast for foragers, and with Judith Larner Lowry as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in California Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving.

?California Foraging en Apple Books

The majority of the book is a section called Edible Wild Plants of California, with more than 120 California native and naturalized non-native edible species, organized alphabetically by common name. The index will help you find plants under their scientific, or botanical, names.

Amazon.com: California Foraging: 120 Wild and Flavorful ...

California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) (Paperback) By Judith Larner Lowry \$24.95

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foraging for wild foods. This book looks at foraging in a holistic way and introduces you to a whole range of wild and free food that you can find whilst walking in the countryside. Categories include plants, fruit, nuts mushrooms, seaweed, herbs and shellfish. I like that the book is clearly arranged, including plenty of advice on seasonal ...

9 best foraging books to get you started with wild food ...

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California Foraging - Page A Day

California Foraging (Paperback) 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) By Judith Larner Lowry. Timber Press, 9781604694208, 344pp. Publication Date: July 29, 2014

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California Foraging 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger. By Judith Larner Lowry . Paperback. \$24.95 Ebook. \$18.50 Add to Cart. Also available at Amazon Bookshop Barnes & Noble Books-A Million Description "This book is an excellent deep dive into California's wild edibles, revealing a real affection for ...

"This book is an excellent deep dive into California's wild edibles, revealing a real affection for and intimate familiarity with our state's flora." —Iso Rabins, founder of ForageSF California offers a veritable feast for foragers, and with Judith Larner Lowry as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in California Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in the Golden State.

Both American Indians and the pioneers knew and used many different plant species for food, fibers, medicine, tools, and other purposes. This unique book is a guide to identifying more than 220 such plants. But it goes much further—it also tells the reader how to prepare, cook, and otherwise use them. Some of the dishes for which recipes are given have won culinary prizes. All have been tested not only by the author but also by her students and by journalists—who have been uniformly surprised and impressed. The plants are organized by habitat communities. Description, photos, drawings, and distribution information are given. Where poisonous look-alikes exist, they too are illustrated. Much fascinating information about Indian uses of native and introduced species is included. The author emphasizes conservation considerations; the aim of the book is to educate the reader about intriguing uses of the plants, and to tell how to gather and use the most palatable and abundant species without damaging the environment.

From acacia to wild grape, Foraging California guides the reader to the edible wild foods and healthful herbs of the Golden State. Helpfully organized by plant families, with detailed information on locations, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

Your Field Guide to Foraging for Wild Edibles: What, Where, and When to Look Foraging for food is an engaging and beneficial pastime that anyone can enjoy. It inspires connections to the land and can help to improve your health. Plus, many target plants for foragers are non-native, so the activity can support—if not improve—biological diversity and ecological well-being. Foraging Southern California introduces you to plentiful and delicious foods, from berries and fruits to roots, seeds, and even tasty aquatic options, like kelp and crayfish. Expert forager Douglas Kent shares his decades of experience in this handy guide that's perfect for beginners and intermediates. Learn what to look for, as well as when and where to look. Key identification features, written instructions, and full-color photographs help you to comfortably and confidently know that you're harvesting the right species. A compare section provides information on dangerous look-alikes, helping to ensure your foraging success and personal health. The "Top 10 Edibles" section provides a starting point for beginners, and species throughout the book are organized by harvestable quality, which quickly leads to the relevant information for your own foraging needs. Foraging must be done with knowledge and consideration. Foraging Southern California provides information that can benefit you and the environment. Grab the book, get outside, and enjoy nature's bounty.

"A dazzling display of humanistic erudition, wit, and practical culinary advice. Ballerini's living herbarium reinitiates modern readers living in the concrete manswarm into the joys of foraging, gathering, and savoring herbs, flowers, and berries. Its wide-ranging historical context, a veritable documentary of poets and chroniclers of past and present, is a learned celebration of nature's bounty. Practical and flavorful recipes for each plant transport the 'weeds' from the field to the palate and enhance a narrative enriched by splendid complementary footnotes."—Albert Sonnenfeld, Series Director, Arts of the Table "Weeds indeed. A guide as witty as he is erudite, Luigi Ballerini has given us a remarkable compendium of the wild greens, along with their flowers and fruits, that people have foraged and eaten for millennia. Once the food of the poor, such ingredients are now in high demand. Gathering greens both familiar—such as mint or borage—and obscure—milk thistle and wallrocket—Ballerini draws upon a diverse cast of authors to attest or dispute their real or alleged medicinal powers. Just as important, he never neglects to suggest how they taste or to present fine recipes so that we can savor them for ourselves."—Carol Field, author of The Italian Baker "The scholar and poet Luigi Ballerini has given us a mouthwatering treasure of inventive Italian recipes for foraged wild plants adapted for the American locavore kitchen (including ten for borage alone, as well as nettle and purslane frittatas, and prickly pear risotto). This elegantly illustrated volume is peppered with humor and tastefully seasoned with a wealth of cultural, historical, and scientific sources and information. A Feast of Weeds is food for both the palate and the mind."—Jean-Claude Carron, University of California, Los Angeles

"Doug Deur invites us to discover the taste and history of the Northwest." —Spencer B. Beebe, author of Cache and founder of Ecotrust The Pacific Northwest offers a veritable feast for foragers, and with Douglas Deur as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Pacific Northwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Oregon, Washington, and Alaska.

"An incredibly thorough guide for identifying, harvesting, and utilizing medicinal plants." —Dr. Deborah Frances RN, ND Naturopathic physician, herbalist, author, and lecturer in Pacific Northwest Medicinal Plants, Scott Kloos is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Oregon, Washington, Alaska, and northern California.

"This is the ultimate guide, and Chris is the undisputed heavyweight champion of foraging in the South." —Sean Brock, author of Heritage and chef of McCrady's, Minero, and Husk The Southeast offers a veritable feast for foragers, and with Chris Bennett as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Southeast Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Alabama, Arkansas, Florida, Georgia, Maryland, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia.

This book is filled with fascinating facts, recipes and stories about common plants found growing wild in northern California. Every vacant lot, park, open space and empty field contains some of the characters in this book.Get ready to meet a variety of common weeds with uncommon stories. There will be sinister plants with deadly reputations, and friendly vegetables disguised as weeds. Over fifty detailed drawings will help you to recognize some of the plant personalities. And this is important, because after reading you will want to get off that couch and meet these plants.These weeds grow all around, from Sacramento to San Francisco, Monterey to San Jose, we are surrounded by a silent plant community. Learn what it has to say to you between the covers of this book.

"An invaluable guide for the feast in the East." —Hank Shaw, author of the James Beard Award-winning website Hunter Angler Gardener Cook The Northeast offers a veritable feast for foragers, and with Leda Meredith as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Northeast Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Delaware, and Rhode Island.

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