



Foraging Wild Edible Plants of North America: More than 150 Delicious Recipes Using Nature's Edibles (A Field Guide)

Christopher Nyerges

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Edible wild plants are nature's natural food source, growing along roadsides, sprouting in backyards, and blooming in country fields. North America's diverse geography overflows with edible plant species. From alyssum to watercress, chicory to purslane, *Foraging Wild Plants of North America* provides everything you need to know about the most commonly found wild greens with over 200 mouth-watering recipes.

This full-color field and feast guide with images to the most common edible wild plants is the ideal companion for hikers, campers, and anyone who enjoys eating the good food of the earth.

Look inside to find recipes such as:

- Stirfry Amaranth
- Yellow Pollen Pancakes
- Chickweed Deluxe
- Nettle Soup
- Root Coffee
- Earth Bread
- Cattail Stew
- Fennel Crunch
- Prickly Pear Ice Cream

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