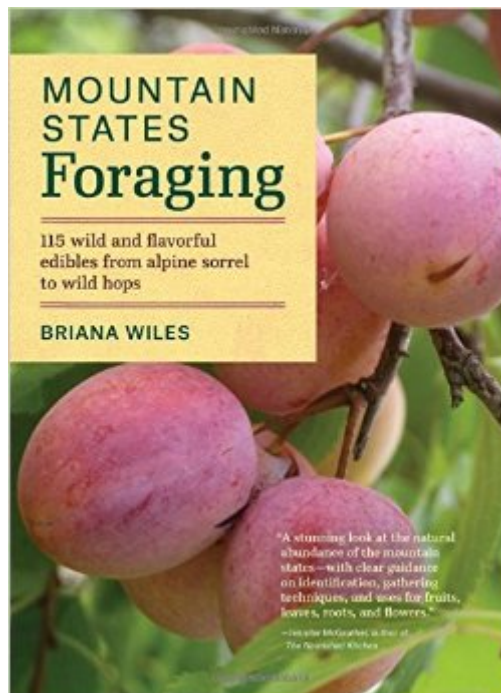


The book was found

Mountain States Foraging: 115 Wild And Flavorful Edibles From Alpine Sorrel To Wild Hops (Regional Foraging Series)



Synopsis

Forage for wild edible plants in the mountain west! From alpine meadows to high deserts and lush forests, the mountain states are rich with wild edibles. Forager and herbalist Briana Wiles helps you find delicious plants for the pickingâtreats like spicy wild onion flowers, tender spring asparagus, and sweet late-summer blueberries. Back in the kitchen, infuse vinegars with spruce tips or make stinging nettle pesto with freshly foraged piÃ on nuts.

Book Information

Series: Regional Foraging Series

Paperback: 340 pages

Publisher: Timber Press (June 15, 2016)

Language: English

ISBN-10: 1604696788

ISBN-13: 978-1604696783

Product Dimensions: 6.5 x 0.9 x 9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #161,156 in Books (See Top 100 in Books) #105 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Organic #194 inÂ Books > Science & Math > Nature & Ecology > Natural Resources #237 inÂ Books > Science & Math > Nature & Ecology > Reference

Customer Reviews

I LOVE this book! The day after I purchased it, I went for a hike which took on a whole new meaning! I came home with wild-foraged food and inspiration for experimentation in the kitchen. This is a beautiful book, a perfect reference, and an excellent trail companion! Experiences in the woods, deserts, and marshes of the mountain west will never be the same!

This is an excellent reference for beginning or experienced foragers. The scope and coverage, the quality and particular selections of the photos for each species treatment, the writing, graphics and layout are all outstanding. I particularly like the clear, consistent and helpful formattingâthe âlayersâ of information and ease of accessing information. Itâs all very appealing to the eye, well-written, and easily understood and used. The content is sound and thorough. Thereâs none of the generalizing that is sometimes found in other herbal references; the authorâs passion for each species is apparent through her lively voice of experience. I appreciate the conservation ethic that

appears here and there throughout the book, with clear explanations for foragers who might be naive re: inappropriate harvesting. As well, she includes cautionary advice, where needed, about possible risks in contact, preparation and consumption. The author sustained a fun and inspiring âœœteachable momentâœ• in the entire book!

[Download to continue reading...](#)

Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series) 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) Foraging: A Beginner's Guide for Foragers: Wilderness Survival Skills, Self-Sufficient Living and Foraging Wild Edible Plants Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2) The Homebrewer's Garden, 2nd Edition: How to Grow, Prepare & Use Your Own Hops, Malts & Brewing Herbs The Forager's Feast: How to Identify, Gather, and Prepare Wild Edibles (Countryman Know How) The Essential AIP Cookbook: 115+ Recipes For The Paleo Autoimmune Protocol Diet Paracord: 15 Useful Paracord Projects With Illustrated Instructions: (Paracord Projects, Bracelet and Survival Kit Guide, For Bug Out Bags, Survival Guide) (Hunting, Fishing, Prepping And Foraging) How to Eat in the Woods: A Complete Guide to Foraging, Trapping, Fishing, and Finding Sustenance in the Wild DIY Cannabis Extracts: The Ultimate Guide to DIY Marijuana Extracts: Cannabis Oil, Dabs, Hash, Cannabutter, and Edibles (Marijuana seeds, Marijuana strains, indoor growing, cannabis dabbing) DIY Cannabis Extracts: The Ultimate Guide to DIY Marijuana Extracts: Cannabis Oil, Dabs, Hash, Cannabutter, and Edibles Essential Survival Box Set (6 in 1): Collection of Guides on Wilderness Survival, Prepping, Foraging, Food Storage, Hiking Gear and Much More! (Prepper's Guide & Survivalism) Growing the Midwest Garden: Regional Ornamental Gardening (Regional Ornamental Gardening Series) Slow Cooker Goodness: 51 Yummi & Addictive Recipes To For Flavorful, Fuss-Free Meals Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol Indigenous Peoples and Human Rights: International and Regional Jurisprudence Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Regional Liberalization in International Air Transport: Towards Northeast Asian Open Skies (Essential Air and Space Law) Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition

