



The Complete Guide to Edible Wild Plants, Mushrooms, Fruits, and Nuts: How to Find, Identify, and Cook Them

Katie Letcher Lyle

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Edible wild plants, mushrooms, fruits, and nuts grow wild along roadsides, in country fields, and in urban parks. All manner of leafy greens, mushrooms, and herbs that command hefty prices at the market are bountiful outdoors and absolutely free for the taking. But to enjoy them you must know, when to harvest, how to recognize, and how to prepare and eat them. The Complete Guide to Edible Wild Plants, Mushrooms, Fruits, and Nuts provides everything you need to know about these wild treasures. Included is information on the most commonly found of these wild comestibles, going beyond a field guide's description to provide folklore and mouth-watering recipes for each entry, such as wild asparagus pizza, fiddlehead soup, blackberry mousse, and elderberry pie.

This fully illustrated guide is the perfect companion for hikers, campers, and anyone who enjoys eating the good food of the earth. With The Complete Guide to Edible Wild Plants, Mushrooms, Fruits, and Nuts in hand, you'll never walk through a field again without casting your eyes about with dinner in mind.

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