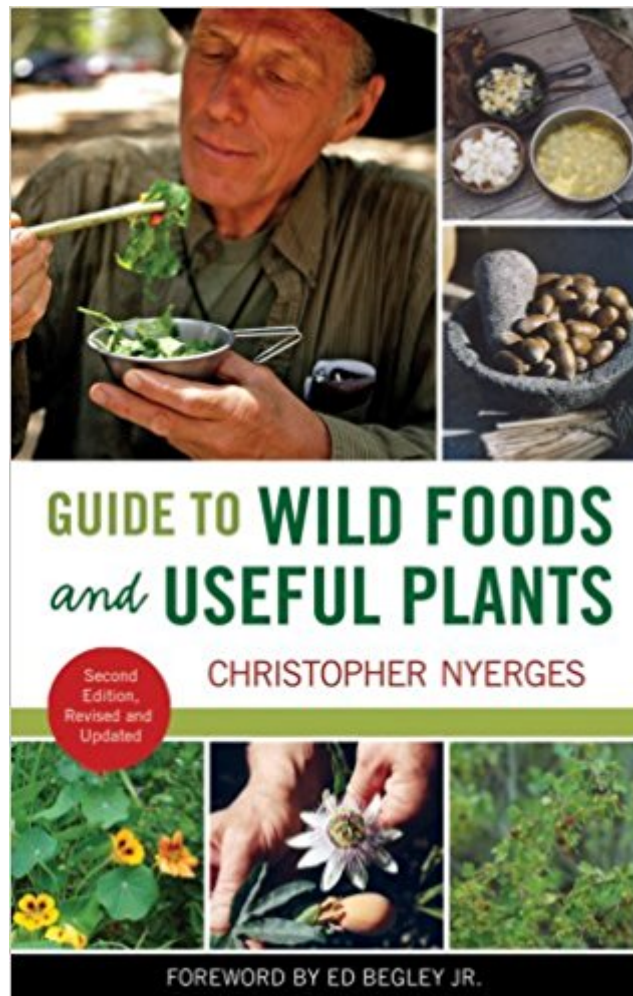




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# Guide To Wild Foods And Useful Plants



## Synopsis

An array of abundant wild foods is available to hikers, campers, foragers, or anyone interested in living closer to the earth. Written by a leading expert on wild foods and a well-known teacher of survival skills, *Guide to Wild Foods and Useful Plants* is more than a listing of plant types—it teaches how to recognize edible plants and where to find them, their medicinal and nutritional properties, and their growing cycles. This new edition features more than 70 plants found all around the United States along with more than 100 full color photos plus handy leaf, fruit, and seed keys to help readers identify the plants. It also includes fascinating folklore about plants, personal anecdotes about trips and meals, and simple and tasty recipes.

## Book Information

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## Customer Reviews

If you're lost in the woods, the book could save your life; if you're interested in plant life and botany, the book is fascinating reading. • "Booklist" Unlike so many books on herbs and wild foods that simply repeat information the author read elsewhere, this guide is thoroughly tested and full of firsthand experience. It's also packed with the kind of information that makes identifying food plants fun. • "Los Angeles Times" I would not want to depend on feeding myself without this excellent book as a guide. • "GreenConduct" Well written and easily understood, this title will make a great addition where outdoor activities are popular. • "Library Journal" Pick it up and you will be off on a wild currant and gooseberry chase, amazing your friends with the knowledge that gooseberries have thorns while currants do not, that both make good trail snacks and that currant shoots make ideal arrow shafts...There is something supremely

life-affirming about reading this book. It makes you want to give the heave-ho to the petty, pointless consumerism that so infects us. Its straightforward prose is an antidote to irony and political cant.

• "Pasadena Star News" "Guide To Wild Foods and Useful Plants has quickly become my favorite book and one which I carry with me when ... well ... whenever I leave the house. While I may not always harvest plants for food, this handy field guide gives me a new appreciation for the plants I encounter."

"Guide To Wild Foods and Useful Plants" is really a "must have" for anyone who wants to live closer to the earth.

• "Reduce Footprints" "Nyerges' book was originally intended as a survival guide. But it offers more than that. By identifying plants that may have no name, place or purpose in today's society and revealing a world of history, uses and lore, the book wisely and matter-of-factly encourages a deeper relationship with nature. The message is also empowering.

• "Civil Eats" "Thoughtfully written and thoroughly tested, Guide to Wild Foods and Useful Plants is the most authoritative and comprehensive book on foraging for nature's provisions and preserving our ancient relationship with the Earth itself."

• "Backwoodsman Magazine

Christopher Nyerges is the director of the School of Self-Reliance, where he has taught classes on wild foods and survival skills since 1974. He is an associate editor of Wilderness Way and West Coast editor of Wild Food Forum. He has published hundreds of articles on wild foods, gardening, self-reliance, and survival skills in American Survival Guide, Whole Life Times, Mother Earth News, Herbalist, and many other magazines.

This paperback book is 8.5" high, 5.5" wide, and 5/8" thick. A nice size for including in a backpack (inside of a protective zip lock bag, of course.) Prior to any of the chapters on specific plant species, there is a very useful "Pictorial Key to Leaf Shapes" followed by a "Pictorial Key to Fruits and Seeds". These contain drawings of shapes and list the names of plants associated with those shapes. This helps the user to locate the chapter(s) to find more detailed information. I especially liked this. The plant chapters are in alphabetical order by the author's preferred choice of common names. It covers 66 non-poisonous plants and 5 poisonous plants. Each chapter fairly consistently contains the following section & subsection headers (parentheses mean that it is present only when applicable):

1. Most Prominent Characteristics
  - o Overall Shape and Size
  - o Stalks and Stem
  - o Leaves
  - o Flowers
  - o (Bark)
  - o (Fruit)
  - o (Seeds)
  - o (Roots)
2. Beneficial Properties
  - o Edible Properties
  - o Medicinal Uses
  - o Other Uses -- (I especially liked this part)
3. Detrimental Properties
4. Where Found
5. Growing Cycle
6. (Lore and Signature)

When no information is known, that section will contain, "We'd appreciate authenticated reports from readers." There is at least 1 photo for every

plant chapter. Chapters having multiple photos were few and often did not take advantage of an opportunity to provide a close-up to emphasize a point being brought up in the text. Some of the plant photos also include a person standing or crouching next to the plant. This helps to give a size context to the overall plant (this is goodness), but when it is the only photo then 3/4 of the photo is of a person and maybe just 10% is the plant, so not much detail of the plant's leaves, flowers, or other parts are discernible to the reader. In the majority of the cases, there is not a useful close-up photo of a part that could be helpful for identification. In some cases, the selected photo seems to contradict the text that describes a part of the plant, so one is left wondering if the text was wrong, if the photo was of the wrong plant, or if the photo just wasn't showing what the text was describing. For example the text may talk about the teeth along the leaf margins, but teeth aren't visible in the photo. Additional close-up photos would have been useful. There are plenty of places where it's clear that the author is writing from personal experience. Yet there are also plenty of places where it reads as if he's copying the information from some other technical source. His choice of words in describing the plant is a case in point. Although there is a useful glossary in the back of the book, the author frequently uses terms that are uncommon to the ordinary reader for which an everyday term could have been used instead. I found it annoying having to flip back and forth between the main sections and the glossary. Towards the end of the book, the author started adding the common terms in parentheses after first using the technical term, increasing the verbiage unnecessarily when the common term would have sufficed. (Why use "glabrous" instead of "hairless", "pubescent" instead of "hairy", "incised" instead of "toothed", or "entire" instead of "toothless" ?) It made me wonder if he was writing the book to score points with botanists rather than for the common person. In the "Medicinal Uses" sections, there were occasionally no entries for technical terms in the glossary. A book's value in a backpack is considerably reduced when technical terms are used without giving their definitions. I hope the next printing will include glossary entries for anodyne, catarrh, depurative, hepatic, lignin, narcosis, pectin, and piles. I was amused when the "Edible Properties" subsection under the "Beneficial Properties" section for poisonous plants like Jimsonweed and Poison Hemlock contained the word "Poisonous!" in red letters. But then the author continued with a long paragraph or more of text about its detrimental qualities -- these are not "Beneficial Properties". Why not just say, "Poisonous! Do not eat. See Detrimental Properties for further details." ? I disagree with the author's comment on page 136 that "All parts of the milkweed must be boiled in water (usually at least twice with a rinsing between boilings) before they are rendered palatable." I've eaten milkweed's raw flower buds and the tender raw top 2 or 4 leaves and found them delicious without the slightest trace of bitterness.

This book is not very useful. It does not specify which area of the continent all the different plants come from. Many of the pictures are poor and are of no help in identifying the plants. The most useful part of the book is the Safe Families chapter- which was only 15 pages of the 300+ page book. Might be ok for a complete novice but you will need additional sources of information to actually identify and prepare the plants. This book won't cut it if you actually want to find and eat wild plants.

My friend loved his gift

Great book to learn about wild plants. Great detail from the description to the close up color photographs. Saw it in a library and purchased it here. I teach scouts about survival plants, this is a great tool for that.

Good info on wild edible and poisonous plants of the West. Has lots of extra good common sense info also.

In my opinion this is a must have for those of us who like to get out and enjoy mother natures free offerings. Detail and great pictures, gotta love it. I recommend it highly.

great book

Great book great author very accurate information I will recommend this book to all my friends and relatives

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Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Guide to Wild Foods and Useful Plants Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH +

High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Wild About the Okavango: All-In-One Guide to Common Animals and Plants of the Okavango Delta, Chobe and East Caprivi (Wild About: Field Guide to Common Animals & Plants) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) Wild Plants of Maine: A Useful Guide Wild Men, Wild Alaska: Finding What Lies Beyond the Limits (Wild Men, Wild Alaska Series Book 1) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods Wild About Cape Town: All-In-One Guide to Common Animals & Plants of the Cape Peninsula, Including Table Mountain, Sea Shore and Suburban Gardens (Duncan Burchart's Wild About Series) Wild Cards: Edible Wild Foods (All Ages) Air Plants: Everything that you need to know about Air Plants in a single book (air plants, air plant care, terrarium, air plant book)

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