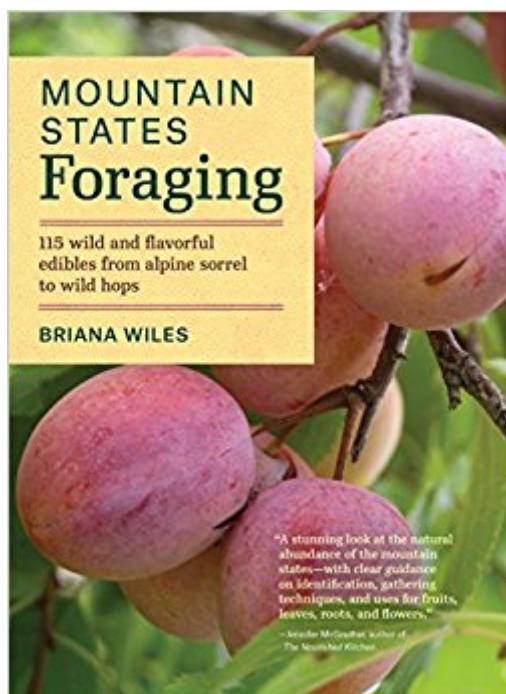


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# Mountain States Foraging: 115 Wild And Flavorful Edibles From Alpine Sorrel To Wild Hops (Regional Foraging Series)



## 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 picking—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 pine nuts.

## Book Information

Series: Regional Foraging Series

Paperback: 338 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 stars 6 customer reviews

Best Sellers Rank: #325,660 in Books (See Top 100 in Books) #194 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic #441 in Books > Science & Math > Nature & Ecology > Natural Resources #443 in Books > Science & Math > Nature & Ecology > Reference

## Customer Reviews

“Taste the West! Wiles introduces delicious wild edible plants and flavors you’ve probably never considered before.” Thomas J. Elpel, author of *Foraging the Mountain West* and *Botany in a Day* “A stunning look at the natural abundance of the mountain states—with clear guidance on identification, gathering techniques, and uses for fruits, leaves, roots, and flowers.” Jennifer McGruther, author of *The Nourished Kitchen* “The Timber Press foraging series offers another set of books with high quality photography. . . . also available as handy Kindles.” American Herb Association Quarterly “A very easy-to-use guide with beautiful clear photos for identification.” Fresh Air Fort Collins “If you’re new to foraging, you’ll find Wiles’ hundreds of clear color photos and tips on how to harvest sustainably, garble, winnow, and avoid poisonous plants very useful. Even if you’re a

seasoned pro, her thoughts on what to make with your findings will surely inspire. . . . fantastic suggestions for how to consume and preserve edibles in unique ways. ~5280

Keep this savvy guide handy to follow wild food recommendations by season, and learn exactly what to look for, where and when to look, and how to gather in a responsible way. An A-to-Z guide for foraging year-round. Detailed information for safe identification. Collecting tips for sustainable harvesting. Ideas for preparation and use.

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 formatting. The layers of information and ease of accessing information. It is all very appealing to the eye, well-written, and easily understood and used. The content is sound and thorough. There is none of the generalizing that is sometimes found in other herbal references; the author'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 "teachable moment" in the entire book!

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!

great book ... wiles does all the work for us!

nice

My family loves to prepare for disasters or what not, they are going to love this book (I bought 2 as it was recommended to me). I really like that it is region specific.

Covers Everything that you would expect.

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