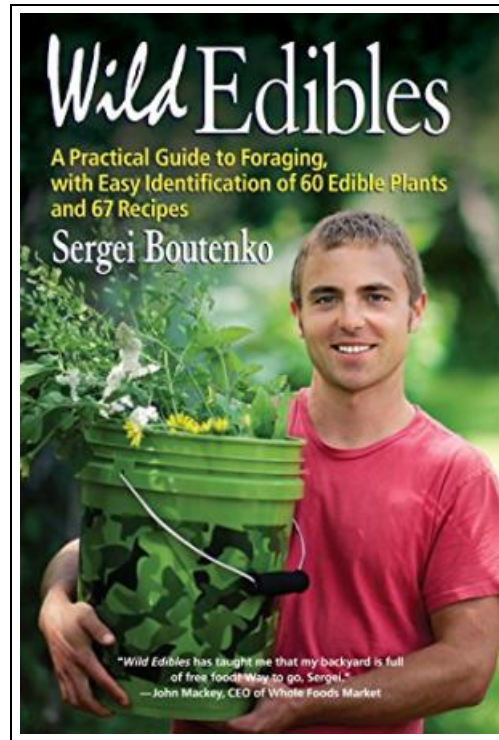


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North Atlantic Books,U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes. Sergei Boutenko has been gathering wild plants since he was 13, when, early on in a 6-month hike from Mexico to Canada, he and his raw-food family ran out of provisions and turned to foraging for survival in the wild. Back in civilization, Boutenko was dismayed by the inferior quality of store-bought food and industrial agriculture, and began to regularly collect wild plants near his home and on his travels. Now, in *Wild Edibles*, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants. The book outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocol, gathering etiquette, and conservation. Boutenko explores in detail the many rewards of eating wild flora: environmental protection, sustainability, saving money, economic self-sufficiency, and healthy living. He draws on thoroughly researched nutrition science to make a compelling case for the health benefits of a diverse, local-food diet that includes wild greens. The majority of the 60 edible plants described in this field guide can be found worldwide, including common-growing trees. Over 300 color photos make plant identification easy and safe. A chapter containing 67 high-nutrient vegan recipes--including green smoothies, salads and salad dressings, spreads and crackers, main courses, juices, and sweets--provides inspiration to join Sergei on the trail...

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