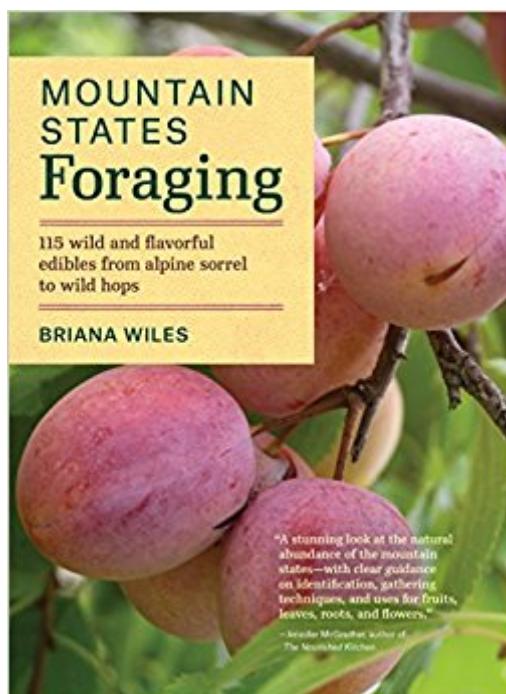


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# Mountain States Foraging: 115 Wild And Flavorful Edibles From Alpine Sorrel To Wild Hops (Regional Foraging Series)



## 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 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

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## Customer Reviews

â œTaste the West! Wiles introduces delicious wild edible plants and flavors youâ "ve probably never considered before.â •Â "Thomas J. Elpel, author of Foraging the Mountain West and Botany in a Day â œA stunning look at the natural abundance of the mountain statesâ "with clear guidance on identification, gathering techniques, and uses for fruits, leaves, roots, and flowers.â •Â "Jennifer McGruther, author of The Nourished Kitchen â œThe Timber Press foraging series offers another set of books with high quality photography. . . . also available as handy Kindles.â •â "American Herb Association Quarterly â œAÂ very easy-to-use guide with beautiful clear photos for identification.â •â "Fresh Air Fort Collins â œIf youâ "re new to foraging, youâ "ll find Wilesâ " hundreds of clear color photos and tips on how to harvest sustainably, garble, winnow, and avoid poisonous plants very useful. Even if youâ "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.â •â "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's all very appealing to the eye, well-written, and easily understood and used. The content is sound and thorough. There's 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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Foraging Series) 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,) Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts (Regional Foraging Series) Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums (Regional Foraging Series) Southwest Foraging: 117 Wild and Flavorful Edibles from Barrel Cactus to Wild Oregano (Regional Foraging Series) Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series) For The Love of Hops: The Practical Guide to Aroma, Bitterness and the Culture of Hops (Brewing Elements) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) The Complete Mushroom Hunter, Revised: Illustrated Guide to Foraging, Harvesting, and Enjoying Wild Mushrooms - Including new sections on growing your own incredible edibles and off-season collecting Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes Foraging New York: Finding, Identifying, and Preparing Edible Wild Foods (Foraging Series) Foraging Mushrooms Maine: Finding, Identifying, and Preparing Edible Wild Mushrooms (Foraging Series) Kief Preston's Time-Tested Edibles Cookbook:: Medical Marijuana Recipes CANNABUTTER Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes Cannabutter Edition (The Kief Preston's Time-Tested Edibles Cookbook Series 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes COCONUT Edition (The Kief Peston's Time-Tested Edibles Cookbook Series) (Volume 3) 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) Underwater foraging - Freediving for food: An instructional guide to freediving, sustainable marine foraging and spearfishing Survival: Prepper's Survival Guide - Hunting, Fishing, Canning, and Foraging (Home Defense, Foraging, Economic Collapse, Bug out bag, Bushcraft, Prepping) White Mountain Guide: AMC's Comprehensive Guide To Hiking Trails In The White Mountain National Forest (Appalachian Mountain Club White Mountain Guide)

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