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How to Identify 9 Obscure Wild
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26 Medicinal Plants 5 Common
~~Myths About Foraging Wild~~

~~Edibles~~ How to Forage Free Food
in Your Own Backyard! Solo
Survival: How to Survive Alone in
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Guide Peterson Field Guide to

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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.

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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.

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Wild Edibles: A Practical Guide to Foraging by Sergei Boutenko gives hikers, backpackers, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to safely and responsibly identify, harvest, prepare, and eat wild edible plants.

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