

1. Record Nr.	UNINA9910787865003321
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Titolo	Guide to wild foods and useful plants // Christopher Nyerges ; foreword by Ed Begley, Jr
Pubbl/distr/stampa	Chicago, Illinois : , : Chicago Review Press, , 2014 ©2014
ISBN	1-61374-699-7 1-61374-701-2
Edizione	[Second edition.]
Descrizione fisica	1 online resource (354 p.)
Altri autori (Persone)	BegleyEd
Disciplina	581.6/3
Soggetti	Wild plants, Edible Plants, Useful Medicinal plants Wild foods
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Cover; Title Page; Copyright; Contents; Foreword by Ed Begley Jr; Acknowledgments; Introduction; Pictorial Key to Leaf Shapes; Pictorial Key to Fruits and Seeds; Agave; Alyssum; Amaranth; Black Sage; Brodiaea; Burdock; California Bay; California Coffee Berry and Cascara Sagrada; Camphor Tree; Carob; Castor Bean; Cattail; Chia; Chickweed; Chicory; Cleavers; Currants and Gooseberries; Dandelion; Dock; Elder; Epazote; Eucalyptus; Fennel; Filaree; Glasswort; Grass; Horehound; Horsetail; Jimsonweed; Lamb's Quarter; Mallow; Manzanita; Milkweed; Miner's Lettuce; Mugwort; Mustard; Nasturtium NettleOak Tree; Passionflower; Pinon Pine; Plantain; Poison Hemlock; Poison oak; Prickly Lettuce; Prickly Pear; Purslane; Rose; Rosemary; Russian thistle; Sea Rocket; Seaweeds; Shepherd's Purse; Sow thistle; Thistle; Toothwort; Toyon; Tree Tobacco; Watercress; Water Hyacinth; Western Black nightshade; White Sage; Wild Asparagus; Wild Buckwheat; Wild cucumber; Wild onions; Willow; Wood Sorrel; Yarrow; Yerba Santa; Yucca; Appendix 1: Safe Families: A Guide to the (Relatively) Easily Recognized Plant Families That are Nontoxic and Primarily Edible; Appendix 2: Why Eat Wild Foods?; Glossary

Bibliography/Index; About the Author; Back Cover

Sommario/riassunto

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-co
