



# Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods

*Thomas Elias, Peter Dykeman*

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Already a huge success in previous editions, this must-have field guide now features a fresh new cover, as well as nearly 400 color photos and detailed information on more than 200 species of edible plants all across North America.

With all the plants conveniently organized by season, enthusiasts will find it very simple to locate and identify their desired ingredients. Each entry includes images, plus facts on the plant's habitat, physical properties, harvesting, preparation, and poisonous look-alikes. The introduction contains tempting recipes and there's a quick-reference seasonal key for each plant.



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