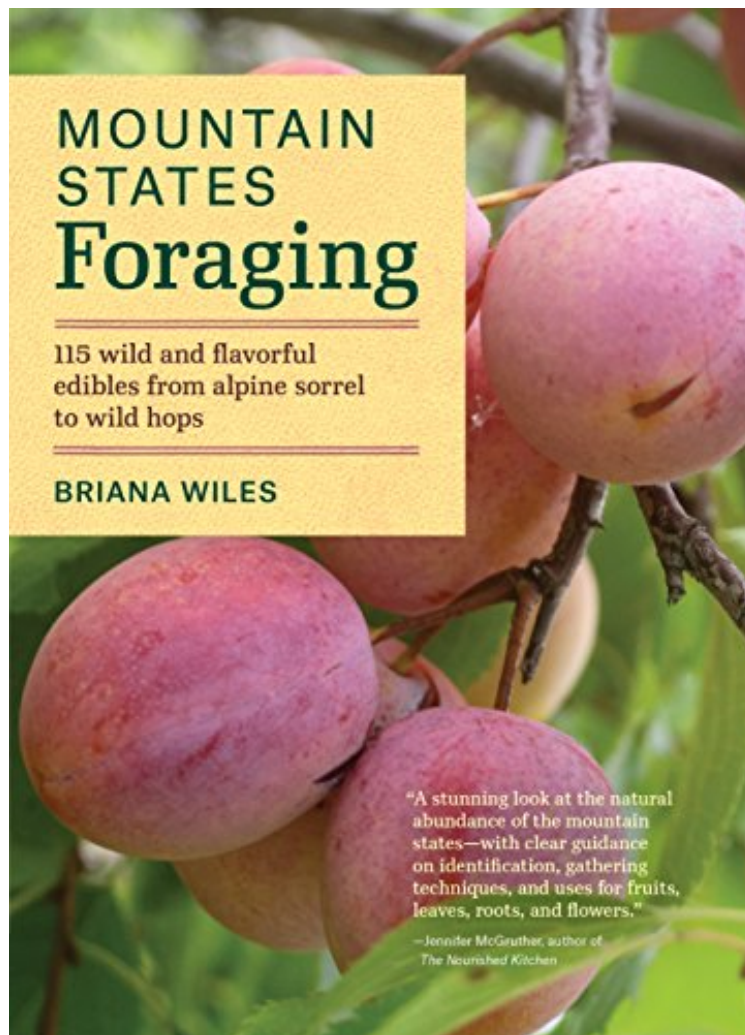


(Mobile ebook) Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series)

Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series)

Briana Wiles

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Briana Wiles : Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series):

3 of 3 people found the following review helpful. A thorough, accurate and useful reference.By caryn ttThis 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. Its 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! 3 of 3 people found the following review helpful. I LOVE this book! By Rachel 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! 0 of 2 people found the following review helpful. Five Stars By Maggie Rose Great book ... Wiles does all the work for us!

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 picking 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 pion nuts.

Taste the West! Wiles introduces delicious wild edible plants and flavors you've probably never considered before. Thomas J. Elpel, author of *Foraging the Mountain West* and *Botany in a Day* A stunning look at the natural abundance of the mountain states with clear guidance on identification, gathering techniques, and uses for fruits, leaves, roots, and flowers. Jennifer McGruther, author of *The Nourished Kitchen* The Timber Press foraging series offers another set of books with high quality photography. . . . also available as handy Kindles. American Herb Association Quarterly A very easy-to-use guide with beautiful clear photos for identification. Fresh Air Fort Collins If you're new to foraging, you'll find Wiles hundreds of clear color photos and tips on how to harvest sustainably, garble, winnow, and avoid poisonous plants very useful. Even if you'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. 5280