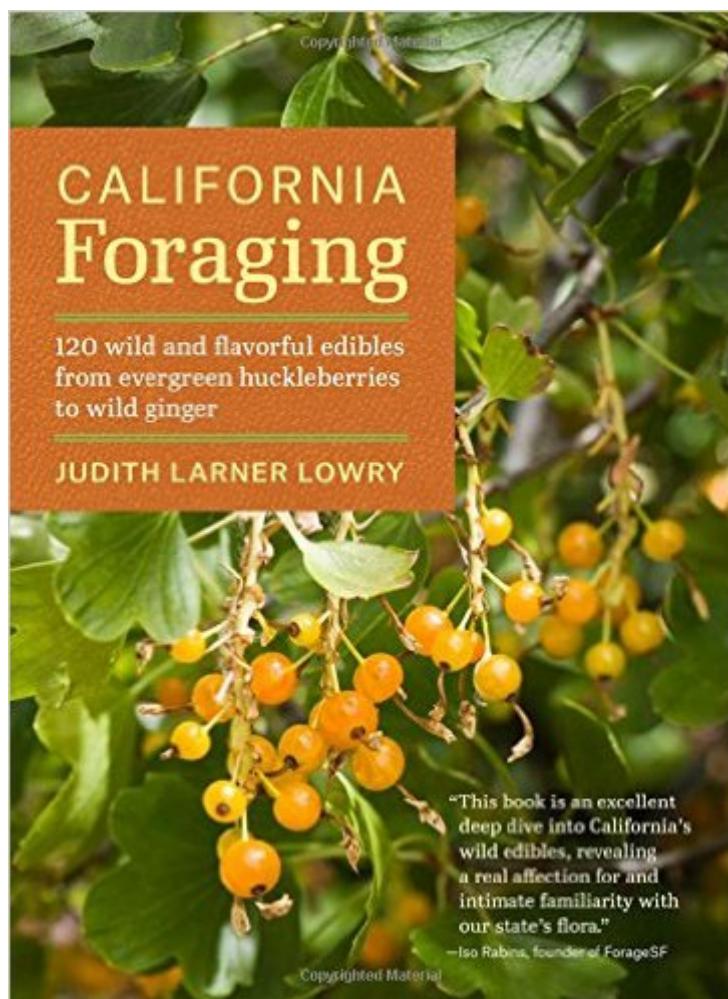


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# California Foraging: 120 Wild And Flavorful Edibles From Evergreen Huckleberries To Wild Ginger (Regional Foraging Series)



## Synopsis

The Golden State is home to an abundance of delicious wild edible plants. From woodlands to wetlands, grasslands to mountains, and coast to desert, delectable and unique wild foods beckon the curious forager. Consider the delights of blending wild borage leaves into a pungent pesto and decorating a salad with the blue, star-shaped flowers. If you're in the desert, sample the sweet-tasting blooms and pea-like seeds of blue palo verde. In wetlands gather cattail pollen for golden pancakes. Plan a foraged feast.

## Book Information

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## Customer Reviews

Just bought this book at Costco for \$14.95. It's great for local foraging of normal, everyday California plantlife. Many books are full of plants I'll never see. Not this one. Also, it has a photo for each and every entry along with where to find it, how to harvest and prepare, and what it tastes like. Very good value.

I was prepared to be disappointed in this book. But I wasn't. While it lacks the depth and real-world usefulness of the foraging books by John Kallas and Sam Thayer, this is the best edible wild plants book for California out there. Lots of species - including some Lowry introduced me to - although there are quite a few other species I'd include that Lowry chose not to. Photos are good, too, although I wish there were more of them. As a practitioner, I'd like fewer species and more depth, but that may just be a style decision -- or something to fit in this series. If you forage in California,

this is a book worth buying.

Great book, good pictures of each plant and instructions on how to find and use it. The only thing I would do to improve the book is have an index showing which plants are found in certain areas. The way the book is, you pretty much have to look at every page to find out where it grows.

I really am pleased to have found a book pertaining to California directly. I have used it ever time we go to the woods. I also bought a copy for my daughter, she will be hiking the PCT here soon and I figured she could use some plant knowledge on that grand adventure. Good book, I have learned a lot.

As detailed and very well-written this book is, it can't be used for identifying plants and definitely not as a field guide. So unless you're an experienced botanist or you carry around good books (apps?) for IDing wildflowers, shrubs, trees, and weeds...this book is only good as a coffee table book.

Best book I've found on the subject, and I've been looking into edible plants for years.

Well-illustrated, tells you how to use what you pick, and includes everything I've tried to find, so far. Get it.

Great introductory book with lots of info uniquely relevant to California. I think the book would be more useful in the field if plants were listed by scientific plant family (which tend to look similar) rather than alphabetical by the author's preferred common name, but still a useful book. One editing error, *Stellaria media* (Chickweed) is described on page 117 accompanied by a not very clear photo of a plant that is definitely not *S. media*, but appears to be the thankfully also edible (and later described on page 163) *Cardemine hirsuta*. Page 118 continues to describe *S. media* and is accompanied by a photo of the real deal. As always, take the info garnered here with a grain of salt and use other sources to confirm a plant identification before eating any parts of it.

I've read lots of wild foraging books but the vast majority are full of plants that are not in my area, with the exception of the garden weeds that are in every book. This guide was completely relevant to my local wild places.

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