



The Joy of Foraging: Gary Lincoff's Illustrated Guide to Finding, Harvesting, and Enjoying a World of Wild Food

Gary Lincoff

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Discover the edible riches in your backyard, local parks, woods, and even roadside! In *The Joy of Foraging*, Gary Lincoff shows you how to find fiddlehead ferns, rose hips, beach plums, bee balm, and more, whether you are foraging in the urban jungle or the wild, wild woods. You will also learn about fellow foragers—experts, folk healers, hobbyists, or novices like you—who collect wild things and are learning new things to do with them every day. Along with a world of edible wild plants—wherever you live, any season, any climate—you'll find essential tips on where to look for native plants, and how to know without a doubt the difference between edibles and toxic look-alikes. There are even ideas and recipes for preparing and preserving the wild harvest year-round—all with full-color photography. Let Gary take you on the ultimate tour of our edible wild kingdom!



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