



# Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started

*Althea Press*

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**Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started** Althea Press  
Wild plants are not only beautiful, but they can also be an affordable and sustainable way to add flavor and nutrition to your diet. *Edible Wild Plants for Beginners* provides you with the essential information and guidance to begin foraging for edible wild plants and including them in your diet. *Edible Wild Plants for Beginners* provides profiles of common edible wild plants and includes information on dangerous look-alikes, the best time to harvest, where to find each type of wild plant, and how to cultivate your own garden. From natural remedies to delectable dishes and exotic cocktails, *Edible Wild Plants for Beginners* provides more than 95 ways for you to use these newfound ingredients.

*Edible Wild Plants for Beginners* will help you explore the world of edible wild plants and teach you how to use them in your home and kitchen, with:

- More than 95 easy-to-follow edible wild plants recipes and remedies, including Amaranth Vegetable Curry, Pickled Jerusalem Artichokes, Chamomile Cookies, and a Purslane Martini
- Tips for foraging, harvesting, and cultivating edible wild plants
- Techniques for serving, preserving, and cooking with edible wild plants
- 31 edible wild plant profiles, including descriptions, distinguishing features, preparation and collection tips, and common uses
- 10 simple steps to making tinctures
- A guide to identifying edible wild plants and avoiding common poisonous plants

With *Edible Wild Plants for Beginners*, you'll be able to start living sustainably, saving money, and adding variety to your diet the way nature intended.

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