



Florida's Edible Wild Plants: A Guide to Collecting and Cooking

By Peggy S. Lantz

Seaside Publishing, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Living off the land is a romantic idea but in practice it can be confusing. So instead we buy nuts someone else picked for us berries packaged hundreds of miles away and greens that may or may not contain contaminants. In Florida's Edible Wild Plants Peggy Lantz demystifies the process of foraging to help you discover the wonder of finding and eating wild plants that grow right in your backyard. She shares her fifty years experience studying and gathering wild edibles and bringing them to her family's table. This practical knowledge is interspersed with recipes and fun stories about searching for and finding new plants with her children and serving aï½ weeds aï½ to curious friends. From acorns to wild sorrel from duck potato soup to elderberry champagne this easy-to-use guide provides general information about the most common wild edibles in Florida that are not only good for you but also good to eat. And the tips for preparing them are indispensable. Lantz also offers specific advice for locating and harvesting the different edible parts of each plant whether it s...



READ ONLINE
[8.11 MB]

Reviews

This pdf may be worth purchasing. This is for anyone who statte there was not a really worth reading. I found out this pdf from my i and dad encouraged this pdf to understand.

-- **Mrs. Annamae Raynor**

If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Claud Bernhard**

Related Books



Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales from various sources. These tales are designed...



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



Polly Oliver s Problem: A Story for Girls

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator. She was born in Philadelphia of Welsh...



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



Chicken Licken - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



Tales of Knights for Kids: Eight Short Fairy Stories about Knights for Children

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eight short stories about knights are selected from several books of fairy tales for children. These tales are designed to...