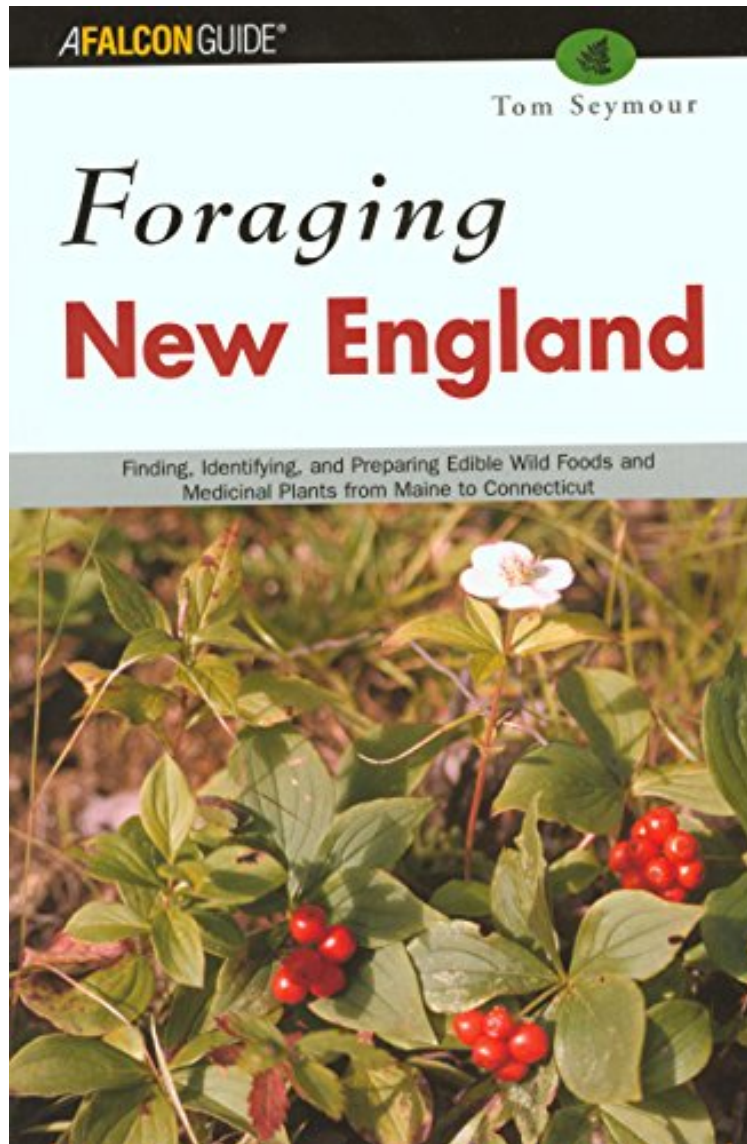


[Download] Foraging New England: Finding, Identifying, and Preparing Edible Wild Foods and Medicinal Plants from Maine to Connecticut (Falcon Guide)

Foraging New England: Finding, Identifying, and Preparing Edible Wild Foods and Medicinal Plants from Maine to Connecticut (Falcon Guide)

Tom Seymour

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Tom Seymour : Foraging New England: Finding, Identifying, and Preparing Edible Wild Foods and Medicinal Plants from Maine to Connecticut (Falcon Guide) before purchasing it in order to gage whether or not it would be

worth my time, and all praised *Foraging New England: Finding, Identifying, and Preparing Edible Wild Foods and Medicinal Plants from Maine to Connecticut (Falcon Guide)*:

13 of 13 people found the following review helpful. Informative, educational, helpful, useful format
By JoJo P
Tom Seymour has created a book perfect for the novice New England forager and budding naturalist. I got tired of pulling weeds from my yard and garden and wondered if they actually served a purpose. Shortly after purchasing this book I was enjoying garden 'weeds' at the table with my family. So many of them really are better tasting (and more nutritious) than commercially cultivated plants that we're offered in the produce aisle at the market. Tom's progression from the edible to the beneficial properties of the plants he discusses led me to harvesting and storing many plants for future use. I now have a farmer's market business selling herbal teas and body products made from native plants and medicinal herbs. Thanks, Tom, for awakening the naturalist within me!
1 of 1 people found the following review helpful. Very good. It definitely opened my eyes to some new ...
By Kelley
Very good. It definitely opened my eyes to some new foods this summer. There's even some dry and subtle humor in it that made me laugh. If I have a criticism, its that I think there should have been full page, larger pics. I'll need a secondary source to identify some of these. If you don't already spend a lot of time outdoors, you'll need a secondary source for almost all of them. Either way, fantastic read.
2 of 2 people found the following review helpful. Highly recommended.
By Anne
I purchased two copies, one for me and one for my sisters family. We lie in Maine so the identified plants in here apply to our ecology. We use this book all the time. My 8 year old nephew found every item in here. We ate lots of the things we found. It provided good family fun for an entire summer. I would recommend this to any gardener, hiker, kayaker, outdoors man, camper.

From beach peas to serviceberries, hen of the woods to Indian cucumber, ostrich ferns to sea rocket, this guide uncovers the edible wild foods and healthful herbs of the Northeast. Helpfully organized by environmental zone, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

From the Back Cover
New England's diverse geography overflows with edible plant and animal species. Through the seasons, this forager's paradise offers a continually changing list of wild, harvestable treasures. From Beach Peas to Serviceberries, Lamb's-Quarters to Lady's Thumb, Hen of the Woods to Mugworts, *Foraging New England* guides you to the edible wild foods and healthful herbs of the Northeast. Organized by environmental zone, this valuable reference guide will help you identify and appreciate the wild bounty of New England. Inside you'll find: detailed descriptions of edible plants and animals; tips on finding, preparing, and using foraged foods; a glossary of botanical terms; eighty-seven color photos. Use *Foraging New England* as a field guide or as a delightful armchair read. No matter what you're looking for, be it the curative Heal-All or tasty Purslane, this guide will enhance your next backpacking trip or easy stroll around the garden, and may just provide some new favorites for your dinner table.