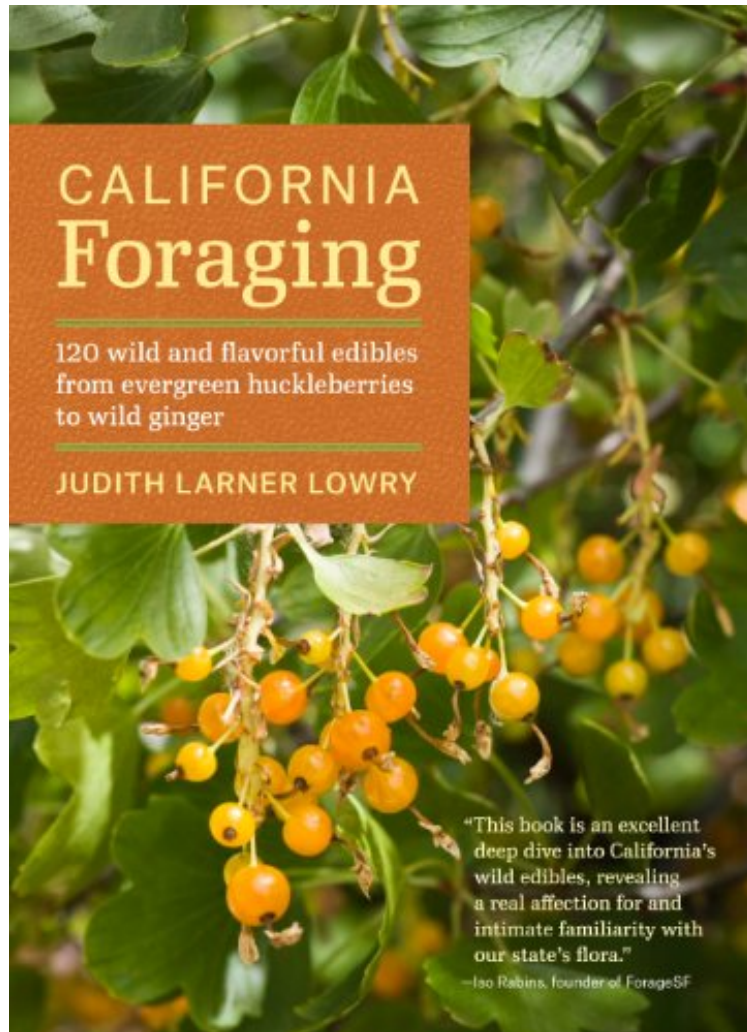


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California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series)

Judith Lowry

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Judith Lowry : California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series):

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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 youre 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.

This book is a triumphant celebration of Californias flora through gathering: a call to our species to see, touch, smell, taste, and tend the wild through the seasons. Lowry deeply inspires us to honor our hunter-gatherer ancestors, and build the foundation of a new indigenusness with the land.M. Kat Anderson, author of Tending the Wild This book is an excellent deep dive into Californias wild edibles, revealing a real affection for and intimate familiarity with our states flora.Iso Rabins, founder of ForageSF