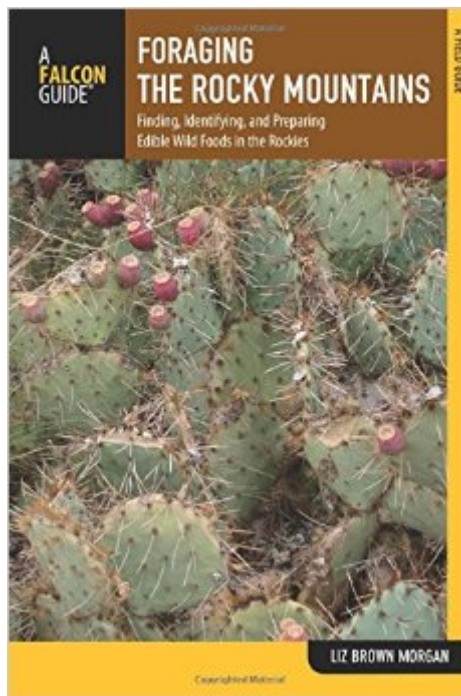


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# Foraging The Rocky Mountains: Finding, Identifying, And Preparing Edible Wild Foods In The Rockies (Foraging Series)



## Synopsis

The Rocky Mountain region's diverse geography overflows with edible plant species. From salsify to pearly everlasting, currants to pine nuts, *Foraging the Rocky Mountains* guides you to 85 edible wild foods and healthful herbs of the region. This valuable reference guide will help you identify and appreciate the wild bounty of the Rocky Mountain states. This guide also includes: detailed descriptions of edible plants and animals tips on finding, preparing, and using foraged foods recipes suitable for the trail and at home detailed, full-color photos a glossary of botanical terms

## Book Information

Series: Foraging Series

Paperback: 272 pages

Publisher: Falcon Guides; 1 edition (June 4, 2013)

Language: English

ISBN-10: 0762782609

ISBN-13: 978-0762782604

Product Dimensions: 0.5 x 6 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (33 customer reviews)

Best Sellers Rank: #44,105 in Books (See Top 100 in Books) #80 in Books > Sports & Outdoors > Hiking & Camping > Instructional #103 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #103 in Books > Science & Math > Biological Sciences > Plants

## Customer Reviews

A casual skim through this guide shows beautiful pictures of many plants that may be familiar to hikers in the Rocky Mountains. You quickly find yourself saying "Oh, I've seen that in this valley, and that one on this trail", and then you are drawn in to read the interesting and thoughtfully written details and some history. After a thorough and enjoyable read, I identified 13 edible "weeds" in my backyard, and some of them are delicious enough to let grow in my garden. After reading the book, the next climbing approach I hiked was covered in different species of now-known edible berries, mixed in with a poisonous species (the apply named baneberry) clearly identified as such early in the book. Having some more knowledge of the plants whose home I share greatly enhanced my appreciation and awareness of what was around me. The introduction provides a sustainable philosophy of foraging, and describes the intended use of the book as a first taste and survey of a much broader and deeper field. However, there is yet rich variety presented in this small portable

book, and many of the plants will already be recognizable by sight to people who dwell in the Rockies. Though, unless you have studied this delightful guide you might never have guessed to eat that flower raw or cook up a delicious side dish from those plants.

They loved the book for the ideas and facts . Enjoyed having with them on the camping trip they took last week end in AZ.Learned they had more food along the trail, and were able to use it when making up the meals.

I have many such books, but I really liked this one because of the excellent pictures and the fact that Liz included many of the plants that grow in very arid locations like New Mexico. The recipes were very creative also. I liked the fact that she began the book with the poisonous plants, and her introduction was very informative. I believe this is a good book to have in your library.

Recipes were great. Invaluable book when we were hiking and camping. This book made the trip an unbelievable experience. Don't go into the Rockies without Liz's guidance.

This is a great field resource. It is well written and unlike many books on foraging has a good description of the plants coupled with pictures. The pages are heavy and obviously intended to be used in the field. This one's going in my saddle bag!

The book stands as an excellent source of useful knowledge. The author does an excellent job in giving you several ways to positively identify each plant with confidence. Ive used several foraging books in the past but so far this is one of my favorites. Im looking forward to trying some of the recipes that were included along with the plant descriptions. Harmful look a like plants are listed with each plant to help you avoid making mistakes which is always important but this book goes a step further and describes how to tell the difference. All in all I am very happy with this guide and would definitely recommend it to any out door enthusiast.

Great book for starting off foraging. Most of the plants in this book are pretty easily identifiable from her descriptions (even for a beginner like me). She obviously likes her edibles more than I do as many that she describes as delicious are just ok to me. I feel like I would need to be lost and pretty hungry in the wild for some of these to be as good as she says they are.

This book is filled with vast information for finding edible plants in the area where I live....I bought it for my son, who is interested in surviving off the land. I found this book to be awesome for him....There is nothing like being able to take it out and identifying plants out in the field. I highly recommend this book.

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