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## **11 Easy Edible Plants for**

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## **Beginner Foragers- Eating Wild Food**

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\u0026 Herbs 5 Wild Edibles

In Your Yard and How To Use

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Plants \u0026 Mushrooms Of  
Winter and 1000 SUBS!!!

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Books \u0026 Guides On Wild  
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She fully describes the

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category arranged 65  
plants, from bamboo to  
redbud and ginkgo, providing  
how-to discussions on  
harvesting and preparation.  
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legality, quick plant  
identification, food-

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preparation tips, and more  
accompany the main text,  
which is abundantly  
illustrated with full-color  
photos throughout.

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In Ellen Zachos' Backyard  
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2013), I've found my  
answers. Zachos outlines 65  
different edible plants,  
organized into sections

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according to the parts of  
the plant that you eat:  
leaves and stems; flowers  
and fruits; nuts and seeds;  
roots, tubers, and rhizomes;  
and superstar plants with  
many edible parts.

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nutritious plants nearby.

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start simple and safe

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~~65 Familiar Plants You~~

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abounds all around us. Learn

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and safe for consumption.

This book is packed complete  
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assist in easy  
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plants.

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a fascinating and rewarding

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pastime, but it can also be  
deadly if the right  
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Now it's time to discover  
the many surprisingly edible  
plants found in backyards,

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lawns and parks. Foraging doesn't have to be hard or scary. Backyard Foraging brings foraging home to the neighbourhood. There's the lawn full of sheep sorrel, chickweed, dandelion and pineapple weed. Vacant lots

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host edibles like sumac,  
purslane, or Japanese  
knotweed.

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Includes tips on common

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flowers, mushrooms, ornamental plants, and weeds usually located in suburban and urban locations. Also, assists in knowledge of dangerous flora, pesticides and pollutants. You'll be amazed by the number of

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Weeds, flowers, mushrooms,  
and ornamental plants  
typically found in urban or  
suburban neighborhoods.  
You'll be amazed by how many  
of the ...

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you see each day are  
actually nutritious edibles.  
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foragers, this book features  
70 edible weeds, flowers,  
mushrooms, and ornamental  
plants typically found in  
urban and suburban

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figure. The funny thing is  
that for as long as I can  
remember, my mom has planted  
hosta in the rock garden and  
other places around my  
childhood home in  
Connecticut.

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Now it's time to discover  
the many surprisingly edible  
plants found in backyards,  
lawns and parks. Foraging

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knotweed.

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Ellen Zachos is a Harvard  
graduate and the author of

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seven books including  
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Wildcrafted Cocktail. Her  
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