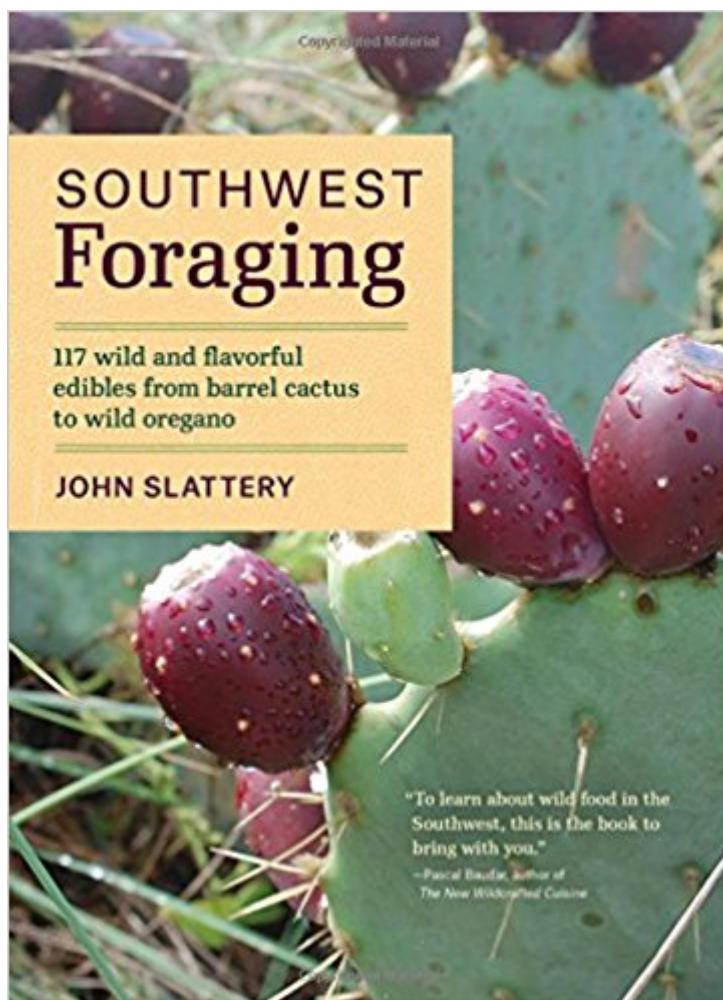


The book was found

Southwest Foraging: 117 Wild And Flavorful Edibles From Barrel Cactus To Wild Oregano (Regional Foraging Series)



Synopsis

Forage the flavors of the west!  Southwest Foraging helps new and experienced foragers find the most flavorful wild plants the region has to offer, including barrel cactus, chickweed, Indian tea, and saguaro. This savvy, accessible, full-color guide shows you what to look for, when and where to look, and how to gather in a responsible way. It profiles 117 plants, with detailed information for safe identification, advice on sustainable harvesting, and tips on preparation and use. 

Book Information

Series: Regional Foraging Series

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Customer Reviews

     No one has advanced wild foraging in the desert Southwest as much as John Slattery. His plant knowledge, ethics, and practices are becoming more relevant, if not necessary, for our collective survival.  Gary Paul Nabahn, director of the Center for Regional Food Studies, University of Arizona   A wonderful guide that will diversify our diets and lure us into the natural world.  Brad Lancaster, cofounder of Desert Harvesters   A must-have on the subject! Eloquent and replete with scientific acumen and stunning photos, this guide is a treasure.  Carolyn Niethammer, author of Cooking the Wild Southwest  Invaluable.  Foodies West  Accessible volume for beginning botanists. . . . Entries are organized alphabetically by common name with full-color photos and  how-to information for safely identifying and responsibly harvesting edible desert plants.  Edible Phoenix  The Timber Press foraging series offers another set of books with high quality photography. . . . also available as handy Kindles. 

•American Herb Association Quarterly •"Southwest Foraging implores us to eat what's growing around us. It is an opportunity to experience the intensity of the Sonoran Desert with mind and mouth." •Tucson Weekly

The Southwest is ripe with wild edibles, no matter the season. From deserts to grasslands, river canyons to forests, a rich harvest of tasty plants•many found only in this region•awaits the curious forager. A Herbalist, educator, and lecturer John Slattery shares his expert foraging knowledge, including traditional methods of gathering and processing. Savor fresh mulberries along the trail, or blend them with foraged nuts and seeds for snacking. Enjoy a simple but delicious sun tea made from desert willow flowers. Along the way, learn what to look for, when and where to look, and how to gather the abundant wild edibles of the Southwest responsibly. An A-to-Z guide for foraging year-roundDetailed information for safe identificationSuggestions for sustainable harvestingTips on preparation and use

Good info here....nice illustrations...

Great book!

I'm in Austin and it seems many of the plants in this book don't grow here. Information would benefit from including a common look alike section.

Excellent book. Shipped in good condition. Happy. Thanks

Real nice Pictures, easy reading. Like to see the same done for our Southern California Deserts. Glad I purchased this.

good book

Well written and illustrated.

Everything I wanted

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