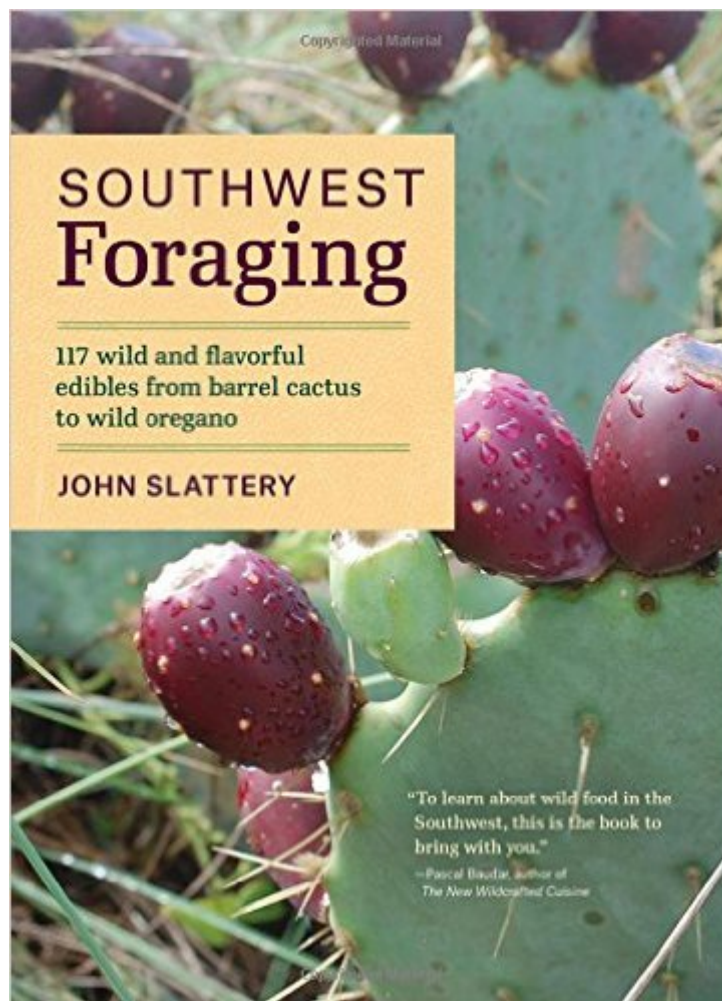


The book was found

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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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #102,634 in Books (See Top 100 in Books) #79 in [Books > Travel > United States > West > General](#) #106 in [Books > Science & Math > Nature & Ecology > Natural Resources](#) #114 in [Books > Science & Math > Biological Sciences > Botany](#)

Customer Reviews

This book was wonderful. What appealed to me the most was how much this book is aimed at actually USING the knowledge given. Quite often, I find books on foraging that are aimed more at giving you the idea that a food is edible, but without much practical knowledge on how to use it. This is the exact opposite. The plants are listed alphabetically, but in the beginning is a listing of all 4 seasons and every plant that is ready to be harvested during that season is listed. What can be eaten or used on a plant is mentioned explicitly. There were also frequently tips on how to harvest more easily, how to prepare foods for cooking, or even how to cook/prepare the food itself. Pictures were clear, and a description of where to find the plants was very useful as well. Just overall a really practical, dead useful guide for foraging for the beginner, or for someone who might be more of an experienced amateur forager.

Wow, this was much more than I expected; very accessible and extensive. This is a substantial

book with excellent pictures and a straight forward style for harvesting and preparation. As a denizen of the sonoran desert I am appreciating the completeness of this book for foraging. This is not really a field guide with academic descriptions or much on the ecology of specific species but, excellent for gathering the wild. Detailed identification process, explicit cautions, regionally organized species lists, seasonal species lists, ecosystem species lists. Great for those starting out and useful for those with experience too.

This book exceeded my expectations. It's really well done. The writing is clear and understandable, as are the photos. There are lists of plants to search for my region and season. There is more extensive information in sidebars on how to harvest/process some of the more useful/common plants. It's just a really good book. The day after getting it and reading it, I made my first meal with a forged ingredient - a purslane omelet.

Met John at the prickly pear festival in Superior, AZ. I attended a lecture he gave on the pears. Very knowledgeable guy. I read it in one session. I enjoyed the photos and off my hubby and went to gather the pears. Plan to visit his herbal store in Tucson to learn more.

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