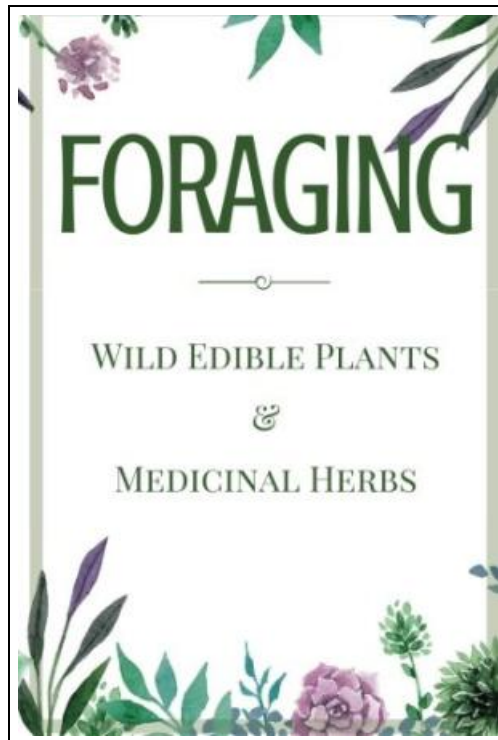


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Reviews

*The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).
(Dr. Marcos Grimes III)*

FORAGING: A BEGINNER S GUIDE TO FORAGING WILD EDIBLE PLANTS AND MEDICINAL HERBS



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Would You Like To Learn More About Foraging Exactly How To Forage Safely Effectively? - NOW INCLUDES FREE GIFTS! (see below for details) Are you interested in learning more about foraging? Are you new to foraging and would like to learn more about how to forage safely and responsibly? Would you like to know exactly how to store your foraged edible plants and herbs and the various methods available to you? Would you like to know how foraging can improve your overall health quality of life? If so, this book will provide you with the answers you ve been looking for! "There is no such thing as free lunch," so the common saying goes, but a seasoned forager will beg to differ on that statement. They will tell you that, not only are there plenty of free lunches out there in the wilderness, there are also a whole lot of free breakfasts, dinners, snacks and medicines. All one has to do is take time to learn how to find them and make them edible. In this book we will look at: Why forage? - The reasons to take up foraging as a hobby and the benefits of doing so The "10 Commandments of Foraging" - The top 10 most important points to be aware of before setting out on a forage and to keep in mind while out in the wild. Finding your way into the wild - Exactly how to get started and the options that are available to you in learning the art of foraging How to make the distinction between foods and poisons in the wild, with detailed examples Tips on improving...



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