



Seasonal Foraging: Wild Foods to Forage During Different Seasons

Pamela Ramirez

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Seasonal Foraging (FREE Bonus Included)

Wild Foods to Forage During Different Seasons

Many people in the world today are changing towards living more self sufficient lifestyles. If this interest you then this book will offer you some beginners guidance towards learning how to forage for wild edible plants. More people are looking for better and healthier choices in foods such as organically grown fruits and veggies. This is a great choice but often will cost twice as much as the standard choice of fruits and veggies that are non-organic. Unfortunately most of us cannot afford to shop buying all organic foods, but this does not mean that you cannot get your supply of organic foods you can by learning how to forage.

If you are a person that enjoys eating healthy foods and loves to be out in nature, then you are a real shoe-in for becoming a forager. The great part is it will cost you nothing and you will gain much such as free organic food supply and a chance to get out into the fresh air and get some exercise while you collect or forage for your wild edible plants. Of course one of the most important lessons in foraging wild plants is to learn the difference between poisonous plants and non-poisonous plants. In this book I will go through with you what to look out for while foraging throughout the different seasons, and most of all how you can avoid toxic plants.

Learning these skills can certainly come in handy in this uncertain world we live in today. You will become less dependant on the outside world and instead become more self-sufficient!

You will learn how to:

- Forage in the wild for edible foods.
- Learn what the do's and don'ts are of foraging
- Learn the plants to avoid, and those that are safe to eat.
- Learn how and when to forage for nuts and berries.
- Learn what foods you should forage for at certain times of the year.
- Even become familiar with edible plants that probably are growing in your own backyard!

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