



Nuts and Berries of California: Tips and Recipes for Gatherers (Nuts and Berries Series)

Christopher Nyerges

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California's diverse geography overflows with many types of edible plants. Through the seasons, this forager's paradise offers a continually changing list of wild, harvestable treasures. Nuts and Berries of California guides you to the edible wild foods and healthful herbs of the West. This valuable reference guide will help you identify and appreciate the wild bounty of California. Inside you'll find: detailed descriptions for edible nuts and berries; tips on finding, preparing and consuming them. Use Nuts and Berries of California as a field guide or as a delightful armchair read. No matter what you're looking for, this guide will enhance your next backpacking trip or easy stroll around the garden, and may just provide some new favorites for your dinner table.



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