



Foraging: The Ultimate Beginners Guide to Foraging Wild Edible Plants and Medicinal Herbs (The Book on Wildcrafting, Edible Flowers, Drying Herbs, Spices and their Usage and Storage)

John Franz

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Foraging: The Ultimate Beginners Guide to Foraging Wild Edible Plants and Medicinal Herbs

Have you always wanted to take the family out on a trip foraging wild plants they could actually eat?
Do you want to learn the plants that are OKAY to eat so that you don't get sick?
Do you want to learn about ways to store them, prepare them and eat them?
Do you want to learn about the AMAZING Medicinal properties of Wild Edible Plants?

If you have answered YES to any of the above questions, “**Foraging: The Ultimate Beginners Guide to Foraging Wild Edible Plants and Medicinal Herbs**” is the book for you! This book was written specifically with the beginner forager in mind who wants to learn how to find wild edible plants, safely pick them, how to consume them and the many health benefits of eating wild medicinal plants.

What Will I Learn From This Book?

Here is a list of some of the topics we will cover in this book!

- How EXACTLY to use this guide
- The MANY benefits of foraging Wild Edible Plants
- The BEST times to go foraging
- 10 Unmistakable Wild Medicinal Herbs
- How to harvest each part of the plant
- The different ways you can use Edible Flowers in your life
- 10 AMAZING Medicinal Recipes
- The best medicinal recipes

These are just SOME of the topics we will be covering in this book!

If you are looking to get started with Wildcrafting this is the book for you. You will learn about many different plants that you can pick, the health benefits of them, how to store them, how to prepare them and

how to eat them.

Foraging can be used for fun or for the purpose of harvesting edible plants for their medicinal properties. If you are interested in improving your health and diet with eating organic medicinal plants than this book will also help you to be able to find those particular plants and use them.

Whatever your reason be for wanting to learn more about Foraging this book can be the guide to help you get started. What do you have to lose? Grab a copy today!

Disclaimer: While we would not recommend you to diagnose any disease and prescribe treatment without any professional help, the knowledge you will gain from this book will surely help you out.

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TAGS: medicinal herbs, herbalism, herbs and spices, medicinal plants, forage, home remedies, homeopathy, foraging guide, foraging, edible plants, ethnobotanical, plants to survive, plants to eat, organic

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Carol Castaneda:

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Louise Hacker:

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