



# Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat

*Ellen Zachos*



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You don't need to trek into the forest to forage edible plants. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants typically found in urban or suburban neighborhoods. You'll be amazed by how many of the plants you see each day are actually nutritious edibles! Full-color photographs make identification easy, and tips on where certain plants are likely to be found, how to avoid pollution and pesticides, and how to recognize the plants you should never harvest make foraging as safe and simple as stepping into your own backyard.



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