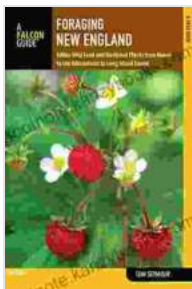


# Edible Wild Food and Medicinal Plants: A Field Guide to Maine, the Adirondacks, and Long Island

By Samuel Thayer

**Edible Wild Food and Medicinal Plants** is a comprehensive field guide to identifying, gathering, and using edible wild plants in the Northeast. It covers over 400 species of plants, including trees, shrubs, herbs, and vines. Each plant is described in detail, with information on its appearance, habitat, and edibility. The guide also includes over 100 color photographs to help you identify plants in the field.



## Foraging New England: Edible Wild Food and Medicinal Plants from Maine to the Adirondacks to Long Island Sound (Foraging Series) by Tom Seymour

★★★★☆ 4.5 out of 5

Language : English  
File size : 23531 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 257 pages



**Edible Wild Food and Medicinal Plants** is a valuable resource for anyone who wants to learn more about wild edibles. It is also a great way to

connect with the natural world and appreciate the abundance of food that is available to us.

## Table of Contents

- 
- Plant Identification
- Gathering Wild Plants
- Preparing and Using Wild Plants
- Medicinal Plants
- Recipes
- Glossary
- Index

## Reviews

**"Edible Wild Food and Medicinal Plants is a must-have for anyone interested in foraging in the Northeast. It is well-written, comprehensive, and beautifully illustrated."** - John McPherson, author of *The Forager's Handbook*

**"This is the most complete and authoritative guide to wild edibles in the Northeast. It is a valuable resource for anyone who wants to learn more about wild plants."** - Steven Brill, author of *Identifying and Harvesting Edible and Medicinal Plants in North America*

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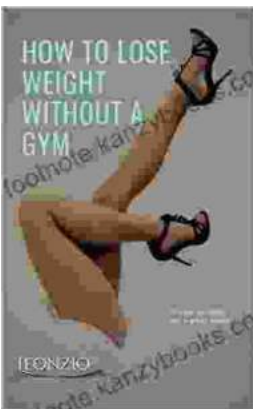
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