



# California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series)

By Judith Lowry

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The Golden State is home to an abundance of delicious wild edible plants. From woodlands to wetlands, grasslands to mountains, and coast to desert, delectable and unique wild foods beckon the curious forager. Consider the delights of blending wild borage leaves into a pungent pesto and decorating a salad with the blue, star-shaped flowers. If you're in the desert, sample the sweet-tasting blooms and pea-like seeds of blue palo verde. In wetlands gather cattail pollen for golden pancakes. Plan a foraged feast.

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### Editorial Review

#### Review

“This book is a triumphant celebration of California’s flora through gathering: a call to our species to see, touch, smell, taste, and tend the wild through the seasons. Lowry deeply inspires us to honor our hunter-gatherer ancestors, and build the foundation of a new indigenousness with the land.” —M. Kat Anderson, author of *Tending the Wild*

“This book is an excellent deep dive into California’s wild edibles, revealing a real affection for and intimate familiarity with our state’s flora.” —Iso Rabins, founder of **ForageSF**

#### From the Back Cover

A passionate wild foods and native plants expert, Judith Larner Lowry tracks down local varieties and traditions. Along the way she shows you what to look for, when and where to look, and how to gather in a responsible way.

- An A to Z guide for foraging year-round
- Detailed information for safe identification
- Suggestions for sustainable harvesting and wild food gardens
- Tips on preparation and use

#### About the Author

Judith Larner Lowry has been the proprietor of Larner Seeds, specializing in California native plants and seeds, for the last 35 years. Lowry designs and plants native plant gardens, gives talks, and contributes to *Orion* magazine, *BayNature* magazine, and numerous other journals. She lives with her husband in Bolinas, California.

### Users Review

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##### Frank Moore:

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a book. Beside you can solve your condition; you can add your knowledge by the book entitled California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series). Try to the actual book California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) as your close friend. It means that it can to get your friend when you experience alone and beside those of course make you smarter than ever before. Yeah, it is very fortuned to suit your needs. The book makes you considerably more confidence because you can know anything by the book. So , let's make new experience in addition to knowledge with this book.

**Francis Gibbs:**

This California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) is great guide for you because the content that is certainly full of information for you who also always deal with world and also have to make decision every minute. That book reveal it data accurately using great coordinate word or we can point out no rambling sentences included. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but hard core information with beautiful delivering sentences. Having California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series) in your hand like finding the world in your arm, information in it is not ridiculous just one. We can say that no reserve that offer you world inside ten or fifteen tiny right but this e-book already do that. So , this is certainly good reading book. Hey Mr. and Mrs. active do you still doubt that?

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