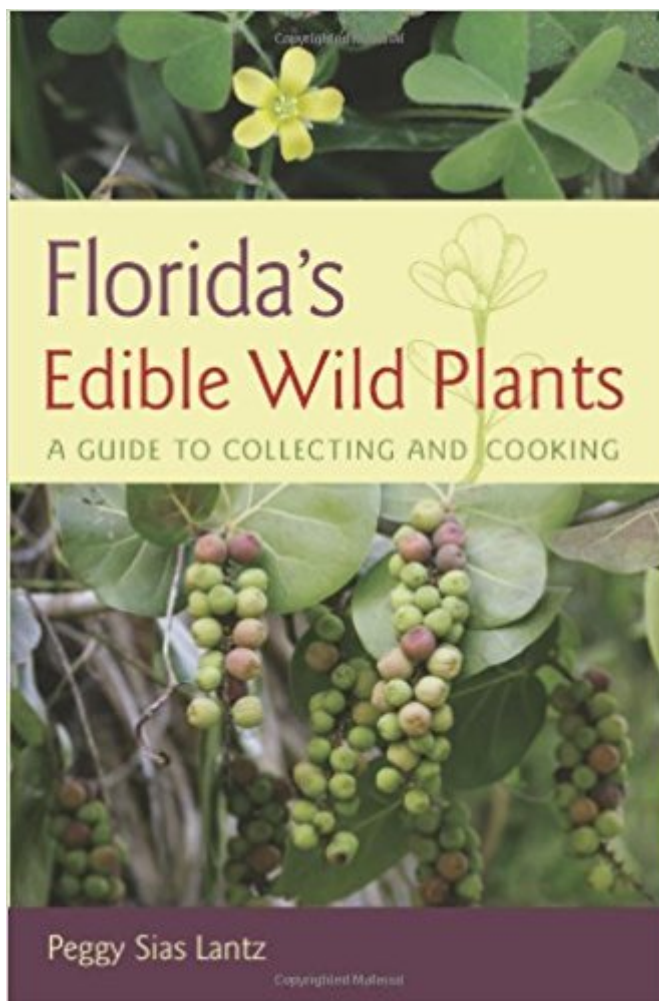


The book was found

Florida's Edible Wild Plants: A Guide To Collecting And Cooking



Synopsis

“Peggy Lantz’s new book combines decades of real-life experience with the heartfelt passion of a true plant lover. Easy to read and hard to put down, Florida’s Edible Wild Plants combines homespun anecdotes with practical botany and hands-on recipes to offer readers a dynamic handbook for anyone wishing to get to know the plants in their yards in a more intimate and tasty way.

•Emily Ruff, director, Florida School of Holistic Living

“Helps you learn to appreciate the bounty that Mother Nature serves up, from weeds to trees.

•Ginny Stibolt, coauthor of Organic Methods for Vegetable Gardening in Florida

“An easy way to enjoy the common, healthful, and tasty edible plants growing around you.

•Richard Wunderlin, coauthor of Guide to the Vascular Plants of Florida

Living off the land is a romantic idea, but in practice it can be confusing. So instead we buy nuts someone else picked for us, berries packaged hundreds of miles away, and greens that may or may not contain contaminants. Fully illustrated with photos and drawings to help with identification, Florida’s Edible Wild Plants demystifies the process of foraging to help you discover the wonder of finding and eating wild plants that may grow right in your own backyard. Peggy Lantz shares her fifty years’ experience gathering and preparing wild edibles and bringing them to her family’s table. Practical knowledge is interspersed with recipes, and Lantz shares her own anecdotes about searching for and finding new plants, as well as serving “weeds” to her curious friends.

From acorns to wild sorrel, from duck potato soup to elderberry champagne, this easy-to-use guide provides general information about the most common wild edibles in Florida that are not only good for you but also delicious. And the tips for preparing them are indispensable. Lantz offers specific advice for locating and harvesting the different edible parts of each plant, whether it’s gathering walnuts in the Panhandle or making jelly from coco plums in the Keys.

Book Information

Paperback: 200 pages

Publisher: Seaside Publishing (June 3, 2014)

Language: English

ISBN-10: 0942084381

ISBN-13: 978-0942084382

Product Dimensions: 6 x 0.6 x 8.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 60 customer reviews

Best Sellers Rank: #39,335 in Books (See Top 100 in Books) #50 in Books > Science & Math > Biological Sciences > Botany #88 in Books > Science & Math > Biological Sciences > Plants #740 in Books > Science & Math > Nature & Ecology

Customer Reviews

“Helps you learn to appreciate the bounty that Mother Nature serves up, from weeds to trees.”
•Ginny Stibolt, coauthor of *Organic Methods for Vegetable Gardening in Florida*
“An easy way to enjoy the common, healthful, and tasty edible plants growing around you.”
•Richard Wunderlin, coauthor of *Guide to the Vascular Plants of Florida*
“This dynamic handbook is easy to read and hard to put down.”
•Emily Ruff, director, Florida School of Holistic Living
Living off the land is a romantic idea, but in practice it can be confusing. So instead we buy nuts someone else picked for us, berries packaged hundreds of miles away, and greens that may or may not contain contaminants. In *Florida’s Edible Wild Plants*, Peggy Lantz demystifies the process of foraging to help you discover the wonder of finding and eating wild plants that grow right in your backyard. She shares her fifty years’ experience studying and gathering wild edibles and bringing them to her family’s table. This practical knowledge is interspersed with recipes and fun stories about searching for and finding new plants with her children and serving “weeds” to curious friends. From acorns to wild sorrel, from duck potato soup to elderberry champagne, this easy-to-use guide provides general information about the most common wild edibles in Florida that are not only good for you but also good to eat. And the tips for preparing them are indispensable. Lantz offers specific advice for locating and harvesting the different edible parts of each plant, whether it’s gathering walnuts in the panhandle or making jelly from Keys coco plums. --This text refers to an alternate Paperback edition.

Peggy Lantz is coauthor of *The Young Naturalist’s Guide to Florida* and *The Florida Water Story*.

Packed with information and clear photos. Especially like the breakdowns by zone, season and uses.

This book is perfect! Lots of full color photographs in the middle of the book to help with identifying. I

live in central florida and have already discovered nearly my whole yard is edible! Finally a foraging book that has enough pictures to clearly identify!

Nice book with a lot of plants. Just wish there were more colored pictures to compare with what is in my yard. A little hard determining which plant is what.

The book has good pictures and descriptions of plants. Recipes and recommendations for eating are very adventurous. Do not expect this book to teach you how to whip up a dinner from the woods around your house. The labor required to gather and prepare even a mouthful of food clearly reveals why we invented farming in the first place. If you're bored with your current food and are looking for a completely new (actually old) alternative then this is your book. It's value to me is purely educational. I don't see myself making acorn muffins etc.

This book is informative, but before you put anything in your mouth get someone who knows what the plants look like and to take you out to see them in person. This way you don't end up sick or worse.

This book is SO much fun! We have only made one recipe from it so far, but it has been a joy identifying the plants.

Great book for those interested in edible plants in Florida. Plenty of drawings for I.D. purposes and good quality paper for taking on your treks

such a handy food for FL natives

[Download to continue reading...](#)

Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) Florida's Edible Wild Plants: A Guide to Collecting and Cooking House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started Edible wild fruits and nuts of Canada (Edible wild plants of Canada) Air Plants: A Beginners Guide To Understanding Air Plants,

Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Stamp Collecting For Geek's ; Stamp Collecting For Beginners How To Learn All About Stamp Collecting Techniques Along With The Stamp Collecting Lingo And How To Find Values Of Your Collection Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Edible Garden Weeds of Canada (Canada's Edible Wild Plants) Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places Edible Wild Plants: 25 Plants You Can Find In The Forest: Identify, Harvest & Prepare Backcountry Trails of Florida: A Guide to Hiking Florida's Water Management Districts (Wild Florida) Wild About the Okavango: All-In-One Guide to Common Animals and Plants of the Okavango Delta, Chobe and East Caprivi (Wild About: Field Guide to Common Animals & Plants) Edible Wild Plants: A Folding Pocket Guide to Familiar North American Species (A Pocket Naturalist Guide) House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)