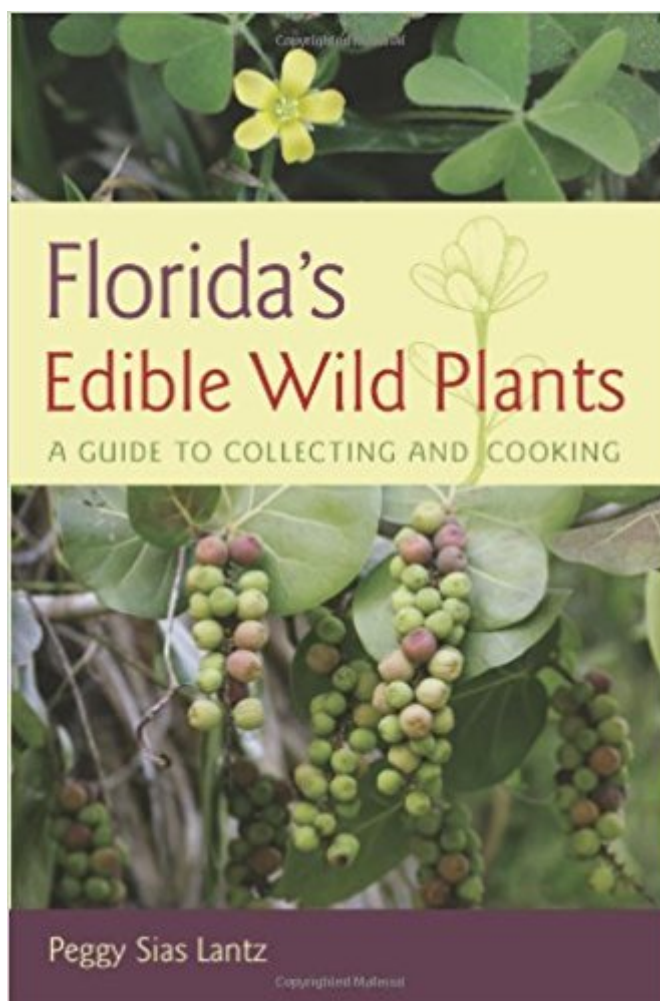


The book was found

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

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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.”
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“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

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