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Backyard Edible Plants \u0026 Herbs

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5 Weeds in Every Garden That are

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Actually Edible & Delicious!

Foraging in My Yard: Wild Salad from  
24 Plants of Late Spring & Early

Summer 5 Common Myths About

Foraging Wild Edibles Wild Edible

Plants in your Backyard! (HD) 12

Edible Plants That Grow In Your Yard

~~How to Forage for Spring Plants 6~~

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Everything 5 Tips For Successful  
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You Cleansing Herbs for the Liver and  
More - Super Healing Herbs for  
Detoxification The Garden Gurus -  
Edible Weeds Hunting for Wild Garlic  
FREE FOOD is EVERYWHERE!! Fall

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Foraging is JUST Beginning!

Identifying garden weed \u0026amp; native  
wild plants Wild Edibles in the Garden

Plants \u0026amp; Mushrooms Of Winter

and 1000 SUBS!!! foraging wild

edibles, wild edible plants around our  
yard #weeds Recommended Books

\u0026amp; Guides On Wild Edibles \u0026amp;



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Medicinal Plants Foraging Tips For  
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with Ares - Chickweed Backyard  
Foraging For Wild Edibles with Sergei  
Boutenko Backyard Foraging For  
Edible Wild Salad Greens -

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GardenFork How to Stay Safe While  
Foraging Wild Edibles and Medicinal  
Plants ~~Backyard Foraging 65 Familiar  
Plants~~

She fully describes the categorically  
arranged 65 plants, from bamboo to  
redbud and ginkgo, providing how-to  
discussions on harvesting and

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preparation. Eye-catching sidebars on legality, quick plant identification, food-preparation tips, and more accompany the main text, which is abundantly illustrated with full-color photos throughout.

~~Backyard Foraging: 65 Familiar Plants~~

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She fully describes the categorically arranged 65 plants, from bamboo to redbud and ginkgo, providing how-to discussions on harvesting and preparation. Eye-catching sidebars on legality, quick plant identification, food-preparation tips, and more accompany

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the main text, which is abundantly illustrated with full-color photos throughout.

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You Didn't Know You ...~~

Backyard Foraging: 65 Familiar Plants  
You Didn't Know You Could Eat 240.

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by Ellen Zachos | Editorial Reviews.

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~~Backyard Foraging: 65 Familiar Plants~~

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In Ellen Zachos's *Backyard Foraging* (Storey Publishing, 2013), I've found my answers. Zachos outlines 65 different edible plants, organized into sections according to the parts of the plant that you eat: leaves and stems; flowers and fruits; nuts and seeds;

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roots, tubers, and rhizomes; and  
superstar plants with many edible  
parts.

~~65 Backyard Plants You Didn't Know  
You Could Eat - Gardenista~~

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



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Ellen Zachos. 4.11 · Rating details ·  
375 ratings · 66 reviews There's food  
growing everywhere! You'll be  
amazed by how many of the plants  
you see each day are actually  
nutritious edibles. Ideal for first-time  
foragers, this book features 70 edible  
weeds, flowers ...

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Foraging : 65 Familiar Plants You  
Didn't Know You Could Eat by Ellen  
Zachos (2013, Trade Paperback) at

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~~Backyard Foraging : 65 Familiar Plants  
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Ornamental plant; Weeds; PLUS a catalog of plants and pollutants to avoid, including dangerous flora,

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pesticides, other toxins. You'll be amazed by the number of edible and nutritious plants nearby. Step into your backyard to start simple and safe foraging. Product dimensions: 7 x 0.5 x 9 inches.

~~65 Familiar Plants You Didn't Know~~

*Page 20/77*

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Backyard Foraging: 65 Familiar Plants  
You Didn't Know You Could Eat. A  
must have reference guide for first-  
time foragers. Food abounds all  
around us. Learn which wild plants are  
edible and safe for consumption. This  
book is packed complete with full-

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colored images to assist in easy  
identification of edible plants.

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6 edible plants you can forage for in  
New York City. IMPORTANT  
GROUND RULES BEFORE

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**FORAGING:** Foraging is a fascinating and rewarding pastime, but it can also be deadly if the right precautions ...

~~6 Edible Plants You Can Forage for in  
New York City~~

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Paperback □ March 12 2013 by Ellen  
Zachos (Author) 4.8 out of 5 stars 167  
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Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat is a New Trade Paperback available to purchase and shipped from Firefly Bookstore in Kutztown, PA. The author is Ellen Zachos. This was released by Storey Publishing, LLC in March 2013. The 10-digit ISBN is 1612120091. The

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13-digit ISBN is 9781612120096.

Could Eat

~~Backyard Foraging: 65 Familiar Plants  
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Now it's time to discover the many surprisingly edible plants found in backyards, lawns and parks. Foraging doesn't have to be hard or scary.

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Backyard Foraging brings foraging home to the neighbourhood. There's the lawn full of sheep sorrel, chickweed, dandelion and pineapple weed. Vacant lots host edibles like sumac, purslane, or Japanese knotweed.

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~~Backyard Foraging: 65 Familiar Plants  
You Didn't Know You ...~~

Includes tips on common flowers, mushrooms, ornamental plants, and weeds usually located in suburban and urban locations. Also, assists in knowledge of dangerous flora, pesticides and pollutants. You'll be

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amazed by the number of plants which are edible and nutritious. Step into your backyard to start simple and safe foraging.

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Backyard Foraging: 65 Familiar Plants

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You Didn't Know You Could Eat Ellen Zachos. 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

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You Didn't Know You Could Eat by  
Ellen Zachos. There's food growing  
everywhere You'll be amazed by how

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Many of the plants you see each day are actually nutritious edibles. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants typically found in urban and suburban neighborhoods.

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You Didn't Know You Could Eat -  
Ebook written by Ellen Zachos.

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~~Backyard Foraging: 65 Familiar Plants  
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I had no idea until I picked up Ellen Zachos's book, Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat (Storey Publishing, 2013). Go figure. The funny thing is that for

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as long as I can remember, my mom has planted hosta in the rock garden and other places around my childhood home in Connecticut.

~~Eat Your Ornamentals: Backyard  
Foraging with Ellen Zachos ...~~

Now it's time to discover the many

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Surprisingly edible plants found in backyards, lawns and parks. Foraging doesn't have to be hard or scary.

Backyard Foraging brings foraging home to the neighbourhood. There's the lawn full of sheep sorrel, chickweed, dandelion and pineapple weed. Vacant lots host edibles like

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sumac, purslane, or Japanese  
knotweed.

~~9781612120096: Backyard Foraging:  
65 Familiar Plants You ...~~

Ellen Zachos is a Harvard graduate  
and the author of seven books  
including Backyard Foraging: 65

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Familiar Plants You Didn't Know You Could Eat, and The Wildcrafted Cocktail. Her Backyard Forager calendar (for 2021) has just been published, and she writes a regular foraging column for Edible New Mexico magazine.

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GardenComm Virtual Conference  
2020

A year of culinary inspiration and botanical illustrations for your wall. Ellen Zachos is the author of Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat. High-quality printing on premium paper

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stock. Printed on paper sourced from a combination of sustainably managed forests and recycled materials.

There's food growing everywhere!  
You'll be amazed by how many of the



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plants you see each day are actually nutritious edibles. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants typically found in urban and suburban neighborhoods. Full-color photographs make identification easy, while tips on

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Common plant locations, pesticides, pollution, and dangerous flora make foraging as safe and simple as stepping into your own backyard.

There's food growing everywhere!  
You'll be amazed by how many of the plants you see each day are actually

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nutritious edibles. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants typically found in urban and suburban neighborhoods. Full-color photographs make identification easy, while tips on common plant locations, pesticides,

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pollution, and dangerous flora make foraging as safe and simple as stepping into your own backyard.

Cities are full of life—and wild food. A walk through the park could reveal

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apples, gingko, and goldenrod. A stroll down the sidewalk could uncover dandelions, lamb's quarters, and lilac. You just need to know what to look for. In *Urban Foraging*, Lisa M. Rose explains how to find, identify, harvest, and cook with 50 common wild plants, such as chickweed, echinacea,

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goldenrod, honeysuckle, red clover, and pine. Plant profiles include all the basics necessary for a successful forage: clear photos of the plant before and after harvest, tips for ethical and safe gathering, and details on culinary uses. Simple recipes for each plant will help readers cook with their harvest.

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For mulberry, there's a pie recipe. Nettles? A delicious risotto. Urban Foraging is a stylish, scrumptious guide to wildcrafting and a must-have for nature lovers, foodies, and anyone looking for a new way to explore the nature in their city.

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[CLICK HERE](#) to download the first two chapters from *The Front Yard Forager*

\* It doesn't get any more local than your own front yard! \* Delicious and nutritious original recipes featuring horsetail, wild fennel, chickweed, and more \* Many weeds pack a greater nutritional punch than store-bought



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Vegetables The Front Yard Forager brings DIY harvesting right to your door, making foraging easy, accessible, and fun for everyone even in the middle of the city or suburbia. From the yard to the parking strip, in city parks or along municipal thoroughfares, food is abundant and

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free for the taking! The Front Yard Forager invites all of us to take control of our food by entering into the fun and delicious world of foraging. A concise field guide and recipe book, it showcases the 30 most readily found edible urban weeds. From dandelion to day lily, nipplewort to nettle, and

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pineapple weed to purslane there's a salad bowl full of fresh edibles just waiting to be collected and put to good use. Each plant profile features an easy-to-use field identification guide, including photographs, as well as where to find the plant and what to do with it in the kitchen. Recipes range

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from simple and classic to practically gourmet, while introductory chapters and sidebars cover the hows and whys of foraging: ethics, nutritional information, harvesting, precautions, and more. Written by Seattle's Melany Vorass, a longtime instructor of urban foraging, *The Front Yard Forager*

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brings DIY harvesting right to your door, making foraging easy, accessible, and fun for everyone—even in the middle of the city—or suburbia. Winner of the Nautilus Awards 2014 "Better Books for a Better World" Silver Award!

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Edible wild plants have one or more parts that can be used for food if gathered at the appropriate stage of growth and properly prepared. Edible Wild Plants includes extensive information and recipes on plants from the four categories. Foundation greens: wild spinach, chickweed,

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mallow, purslane; tart greens:  
curlydock, sheep sorrel, wood sorrel;  
pungent greens: wild mustard,  
wintercress, garlic mustard, shepherd's  
purse; and bitter greens: dandelion,  
cat's ear, sow thistle, nipplewort. Dr.  
John Kallas has investigated and  
taught about edible wild plants since

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1970. He founded WildFood  
Adventures  
([www.wildfoodadventures.com](http://www.wildfoodadventures.com)) in  
1993 and is the publisher and editor of  
Wild Food Adventurer. He lives in  
Portland, Oregon. The definitive work  
on growing, harvesting, and eating  
wild greens.



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Meet the natural lovechild of the popular local-foods movement and craft cocktail scene. It's here to show you just how easy it is to make delicious, one-of-a-kind mixed drinks with common flowers, berries, roots, and leaves that you can find along

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Roadsides or in your backyard.

Foraging expert Ellen Zachos gets the party started with recipes for more than 50 garnishes, syrups, infusions, juices, and bitters, including Quick Pickled Daylily Buds, Rose Hip Syrup, and Chanterelle-infused Rum. You'll then incorporate your handcrafted

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components into 45 surprising and delightful cocktails, such as Stinger in the Rye, Don't Sass Me, and Tree-tini.

The Wild Wisdom of Weeds is the only book on foraging and edible weeds to focus on the thirteen weeds found all over the world, each of which

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represents a complete food source and extensive medical pharmacy and first-aid kit. More than just a field guide to wild edibles, it is a global plan for human survival. When Katrina Blair was eleven she had a life-changing experience where wild plants spoke to her, beckoning her to become a

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champion of their cause. Since then she has spent months on end taking walkabouts in the wild, eating nothing but what she forages, and has become a wild-foods advocate, community activist, gardener, and chef, teaching and presenting internationally about foraging and the healthful lifestyle it

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promotes. Katrina Blair's philosophy in *The Wild Wisdom of Weeds* is sobering, realistic, and ultimately optimistic. If we can open our eyes to see the wisdom found in these weeds right under our noses, instead of trying to eradicate an "invasive," we will achieve true food security. *The Wild*

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Wisdom of Weeds is about healing ourselves both in body and in spirit, in an age where technology, commodity agriculture, and processed foods dictate the terms of our intelligence. But if we can become familiar with these thirteen edible survival weeds found all over the world, we will never

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go hungry, and we will become closer to our own wild human instincts—all the while enjoying the freshest, wildest, and most nutritious food there is. For free! The thirteen plants found growing in every region across the world are: dandelion, mallow, purslane, plantain, thistle, amaranth, dock, mustard,



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grass, chickweed, clover, lambsquarter, and knotweed. These special plants contribute to the regeneration of the earth while supporting the survival of our human species; they grow everywhere where human civilization exists, from the hottest deserts to the Arctic Circle,

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following the path of human disturbance. Indeed, the more humans disturb the earth and put our food supply at risk, the more these thirteen plants proliferate. It's a survival plan for the ages. Including over one hundred unique recipes, Katrina Blair's book teaches us how to

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prepare these wild plants from root to seed in soups, salads, slaws, crackers, pestos, seed breads, and seed butters; cereals, green powders, sauerkrauts, smoothies, and milks; first-aid concoctions such as tinctures, teas, salves, and soothers; self-care/beauty products including

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shampoo, mouthwash, toothpaste (and brush), face masks; and a lot more. Whether readers are based at home or traveling, this book aims to empower individuals to maintain a state of optimal health with minimal cost and effort.

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[CLICK HERE](#) to download the section on foraging for field mustard with four sample recipes from Northwest

Foraging \* Suitable for novice foragers and seasoned botanists alike \* More than 65 of the most common edible plants in the Pacific Northwest are thoroughly described \* Poisonous

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plants commonly encountered are also included Originally published in 1974, Northwest Foraging quickly became a wild food classic. Now fully updated and expanded by the original author, this elegant new edition is sure to become a modern staple in backpacks, kitchens, and personal

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libraries. A noted wild edibles authority, Doug Benoiel provides more than 65 thorough descriptions of the most common edible plants of the Pacific Northwest region, from asparagus to watercress, juneberries to cattails, and many, many more! He also includes a description of which

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poisonous "look-alike" plants to avoid -- a must-read for the foraging novice. Features include detailed illustrations of each plant, an illustrated guide to general plant identification principles, seasonality charts for prime harvesting, a selection of simple foraging recipes, and a glossary of



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botanical terms. Beginning with his botany studies at the University of Washington, Doug Benoliel has been dedicated to native plants. He has owned a landscaping, design, and nursery business, and done his extensive work with the National Outdoor Leadership School (NOLS).

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Doug lives on Lopez Island,  
Washington.

Forage is a beautifully illustrated celebration of edible plants that can be found throughout the world. Anybody can enjoy the increasingly popular back-to-nature activity of foraging. In

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Some countries these plants are now forgotten as food, but in others they are still celebrated for their value as nutritious, delicious ingredients and cooking with wild plants is increasingly being adopted by mainstream restaurants. Journeying through 50 globally populated edible plants,

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Forage explores the culture and history of our wild food. Stunning botanical illustrations by artist Rachel Pedder-Smith accompany each plant, alongside recipes inspired by the regions of the world where they are most celebrated.

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