

# Athletes Simple Guide Plant Based Lifestyle

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field to table cuisine connect with and eat the diverse flora around us a recent rise in the popularity of urban farming farmers markets and foraging from nature means more people are looking for information about plants in the quick guide to wild edible plants botanists lytton john musselman and harold j wiggins coach you on how to safely identify gather and prepare delicious dishes from readily available plants and clearly indicate which

ones to avoid more than 200 color illustrations accompanied by detailed descriptions will help you recognize edible plants such as nettles daylilies river oats and tearthumbs for decades musselman and wiggins have taught courses on how to prepare local plants and their field to table recipes require only a few easily found ingredients they offer instructions for making garlic powder out of field garlic and turning acorns into flour for rappahannock acorn cakes to toast your new skill they even include recipes for cordials the quick guide to wild edible plants is a great gift for the beginning naturalist and the perfect addition to every serious forager s library

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