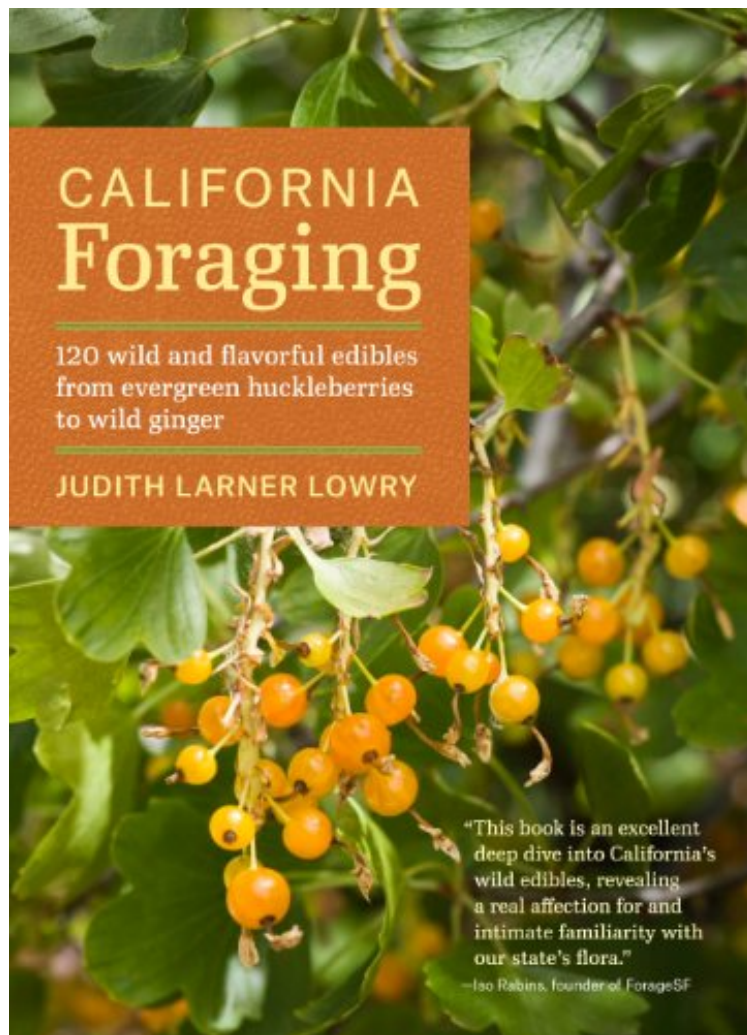


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## California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger (Regional Foraging Series)

Judith Lowry

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California directly  
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I really am pleased to have found a book pertaining to California directly. I have used it ever time we go to the woods. I also bought a copy for my daughter, she will be hiking the PCT here soon and I figured she could use some plant knowledge on that grand adventure. Good book, I have learned a lot.  
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to be a very useful book. The author also owns and operates a ...  
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This turned out, for me, to be a very useful book. The author also owns and operates a nursery (Larner Seeds) where I found seeds that I have not find anywhere else.

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.

“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 indigenusness 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