

# North Idaho Edible Plants Guide

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*Edible & Medicinal Plants of the Southern Rockies* - Mary O'Brien 2015-09-06

A full color field guide to over 130 native and non-native plants from the foothills to the alpine of the Southern Rockies. It is written for the curious first-time forager as well as the more advanced harvester of edibles and medicinals. Contains \* Full color pictures & descriptions for identification \* Pictorial thumbnails & colored tabs for easy access \* Tips for harvesting & preparation of foods and medicines \* Important poisonous plants to be aware of \* Historical indigenous uses & practices \* Cautions about potential reactions \* Gardening tips \* Recipes, stories, poems, natural history & scientific facts  
*Practical Guide to Southern Idaho's Wild Edible Plants* - Steven C. Golieb 2014-01

Native Americans have long survived off the land of Idaho's plains and mountain-lands. The many species of trees, bushes and plants throughout the state have provided them with food, medicine and shelter. Whether for survival, curiosity or just for fun, this book will walk you through identifying and utilizing Idaho's natural wonders. If disaster strikes, this book is a must-have; you will be able to confidently walk through Urban areas or the deep wilderness and possess much of the knowledge and skill the Native Americans used to survive.

**Practical Guide to Northern Idaho's Edible Wild Plants** - Steven Golieb 2016-06-10

Native Americans have long survived off the land of Northern Idaho's plains, coasts and mountain-lands. The many species of trees, bushes and plants throughout the state have provided them with food, medicine and shelter. Whether for

survival, curiosity or just for fun, this book will walk you through identifying and utilizing Northern Idaho's natural wonders. If disaster strikes, this book is a must-have; you will be able to confidently walk through urban areas or the deep wilderness and possess much of the knowledge and skill the Native Americans used to survive.

**Wild Edible and Useful Plants of Idaho** - Ray Vizgirdas 2017-01-21

Field guide to the edible, medicinal, and useful plants of Idaho and surrounding states.

[Mushrooms of the Pacific Northwest Alaska, British Colombia, Idaho, Washington and Oregon](#) - Quick Reference Publishing 2018-09

Did you ever find a mushroom and wonder what species it was? The mushrooms of the Pacific Northwest always intrigue! This guide will help you learn about 54 of the most common edible and poisonous species found in this region.

Using crisp, clear photographs along with short, detailed descriptions you will learn which common mushrooms to watch for. Additional information included in this guide includes:

How to make a spore print  
A diagram illustrating the parts of a mushroom

Illustrations of the major mushroom groups  
With this guide you will look at the mushrooms around you in a whole new light! This 12-panel guide, conveniently folds up in to a packet narrow enough to fit in a back pocket, glove box or backpack yet sturdy enough to stand up to outdoor use-durable lamination also makes it waterproof. Size: 4"x 9" folded; 9" x 24.5" unfolded.

**Wild Edibles** - Sergei Boutenko 2013-07-16

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**\*\*An Amazon Editors' Pick -- Best Cookbooks, Food & Wine\*\*** "Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes has taught me that my backyard is full of free food! Way to go, Sergei." —John Mackey, CEO of Whole Foods Market In this field guide to foraging wild edible plants, Sergei Boutenko explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes. Sergei Boutenko has been gathering wild plants since he was 13, when, early on in a 6-month hike from Mexico to Canada, he and his raw-food family ran out of provisions and turned to foraging for survival in the wild. Back in civilization, Boutenko was dismayed by the inferior quality of store-bought food and industrial agriculture, and began to regularly collect wild plants near his home and on his travels. Now, in Wild Edibles, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants. The book outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocol, gathering etiquette, and conservation. Boutenko explores in detail the many rewards of eating wild flora: environmental protection, sustainability, saving money, economic self-sufficiency, and healthy living. He draws on thoroughly researched nutrition science to make a compelling case for the health benefits of a diverse, local-food diet that includes wild greens. The majority of the 60 edible plants described in this field guide can be found worldwide, including common-growing trees. Over 300 color photos make plant identification easy and safe. A chapter containing 67 high-nutrient vegan recipes—including green smoothies, salads and salad dressings, spreads and crackers, main courses, juices, and sweets—provides inspiration to join Sergei on the trail to radiant health.

[Foraging California](#) - Christopher Nyerges 2019-09-01

From acacia to wild grape, Foraging California guides the reader to the edible wild foods and healthful herbs of the Golden State. Helpfully organized by plant families, with detailed information on locations, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

**Edible Wild Plants** - Caleb Warnock 2018-08 Self-sufficiency expert Caleb Warnock shares his expertise of living off the land in 400 Edible Wild Plants, the go-to guide for any adventurer or homesteader interested in learning about natural vegetation.

[Foraging Texas](#) - Stacy M. Coplin 2021-08-01 The diverse geography of Texas overflows with edible plant species. From elderberry to amaranth and dandelion to cactus, Foraging Texas guides you to 92 edible wild foods and healthful herbs of the state. This valuable reference guide will help you identify and appreciate the wild bounty of the Lone Star State. Foraging Texas provides all of the information you need about wild foods in the state: Detailed descriptions and full-color photos of edible plants Tips on finding, preparing, and using foraged foods Recipes suitable for the trail and at home Botanical terms and diagrams complete with an illustrated bibliography Distribution maps for every plant

[Foraging Wild Edible Plants of North America](#) - Christopher Nyerges 2023-05-01 Edible wild plants are nature's natural food source, growing along roadsides, sprouting in backyards, and blooming in country fields. North America's diverse geography overflows with edible plant species. From alyssum to watercress, chicory to purslane, Foraging Wild Plants of North America provides everything you need to know about the most commonly found wild greens with over 200 mouth-watering recipes. Fully revised and updated, this full-color field and feast guide with images to the most common edible wild plants is the ideal companion for hikers, campers, and anyone who enjoys eating the good food of the earth. Look inside to find recipes such as: Stirfry Amaranth Yellow Pollen Pancakes Chickweed Deluxe Nettle Soup Root Coffee Earth Bread Cattail Stew Fennel Crunch Prickly Pear Ice Cream

[The Forager's Handbook](#) - Vickie Shufer 2022-03-01

Learn the way of the forager and identify, harvest, and prepare wild plants by season. Have you ever wondered what it would be like to gather wild plants growing around you for your food and medicine instead of a drugstore to treat a common ailment? The Forager's Handbook is an essential guide for living this lifestyle year-round. With more than forty years of experience in the world of plants, forager Vickie Shufer empowers you to maintain and improve your health by following the way of the forager. She highlights plants that are available through each season and how to use those plants for food and medicine. Sustainable harvesting and preparation techniques are included as well as foraging ethics. Other topics include: Forest bathing Plant cycles Preventive medicine Simple recipes for edible and medicinal plants And so much more Follow the seasons and harvest wild, edible, and medical plants with The Forager's Handbook.

[Geographical Guide to the Floras of the World: Africa, Australia, North America, South America and Islands of the Atlantic, Pacific, and Indian Oceans](#) - Sidney Fay Blake 1942

**The Forager's Guide to Wild Foods** - Nicole Apelian 2021-05

319 color pages, 400 wild foods, plant localization maps for each plant (400 maps), paperback, great print quality, superior plant identification guidelines, recipes for each plant, full page photos of the plants, at least 3 pictures for each plant, medicinal uses. The Forager's Guide to Wild Foods is probably the most important thing you want to have by your side when you go out foraging. Maybe there are times when you're still not sure about a certain plant and you need to consult the book, despite your vast experience. Or maybe you don't have experience at all and just want to find wild goodies using the book. This book is the ultimate resource for every home, kept right next to your emergency foods, in your Bug out Bag, on your coffee table, or in your bookcase. You can use this book to put food on your table in case hard times are coming ahead. This knowledge is better at your fingertips now, as you might not be able to get it when you need it the most. You can also use the book to make your own remedies from plants growing around you.

Inside The Forager's Guide to Wild Foods there are hundreds of medicinal plants and detailed, super simple instructions on how to take advantage of them. A lot of high-priced foods you find labeled as ORGANIC, are nothing compared to the ones that grow in the wild. Wild foods mean no GMO, no pesticides, herbicides or harmful contaminants. There are no foods healthier than the ones you pick yourself in the wild. This is FREE food and it's completely up for grabs. The plant knowledge is no longer taught as it has been for thousands of generations before us. If we don't do something about it, this knowledge will be lost forever and one day we might pay the ultimate price for this. When you were growing up, it was probably your parents or grandparents that helped you identify your very first berry.

*The Wild Wisdom of Weeds* - Katrina Blair 2014-10-07

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 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 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 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 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 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, 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, 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 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 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.

**The Official U.S. Army Illustrated Guide to Edible Wild Plants** - Department of the Army 2019-02-01

THE ILLUSTRATED GUIDE TO WILD EDIBLE PLANTS describes the physical characteristics, habitat and distribution, and edible parts of wild plants. With color photography throughout, this guide facilitates the identification of these plants. Originally intended for Army use, this book serves as a survival aid for civilians, as well. It's an indispensable companion for hikers, campers, preppers, outdoor chefs, and people caught in the wild who are hungry.

**Edible Wild Plants** - John Kallas 2010-06-01  
The founder of Wild Food Adventures presents the definitive, fully illustrated guide to foraging and preparing wild edible greens. Beyond the confines of our well-tended vegetable gardens, there is a wide variety of fresh foods growing in our yards, neighborhoods, or local woods. All that's needed to take advantage of this wild bounty is a little knowledge and a sense of adventure. In *Edible Wild Plants*, wild foods

expert John Kallas covers easy-to-identify plants commonly found across North America. The extensive information on each plant includes a full pictorial guide, recipes, and more. This volume covers four types of wild greens: Foundation Greens: wild spinach, chickweed, mallow, and purslane Tart Greens: curlydock, sheep sorrel, and wood sorrel Pungent Greens: wild mustard, wintercress, garlic mustard, and shepherd's purse Bitter Greens: dandelion, cat's ear, sow thistle, and nipplewort

**The Complete Guide to Edible Wild Plants** - Department of the Army 2009-06-23

Enhanced with full-color illustrations, this comprehensive list details the identifying features, habitats, and physical characteristics of hundreds of edible plants found in the wild.

*Foraging Wild Edible Plants of North America* - Christopher Nyerges 2016-01-01

Edible wild plants are nature's natural food source, growing along roadsides, sprouting in backyards, and blooming in country fields. North America's diverse geography overflows with edible plant species. From alyssum to watercress, chicory to purslane, *Foraging Wild Plants of North America* provides everything you need to know about the most commonly found wild greens with over 200 mouth-watering recipes. This full-color field and feast guide with images to the most common edible wild plants is the ideal companion for hikers, campers, and anyone who enjoys eating the good food of the earth. Look inside to find recipes such as: Stirfry Amaranth Yellow Pollen Pancakes Chickweed Deluxe Nettle Soup Root Coffee Earth Bread Cattail Stew Fennel Crunch Prickly Pear Ice Cream

*Into the Wild* - Jon Krakauer 2009-09-22

Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most

of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's stoytelling blaze through every page.

**Foraging Idaho** - Christopher Nyerges 2018  
From ferns to trees, roots to fruits, native plants to the many introduced exotics, this guide uncovers the edible wild foods and healthful herbs of Idaho. Helpfully organized by families, with a guide for each environmental zone, the book is an authoritative guide for nature lovers, outdoorsfolks, and gastonomes.

*Foraging the Rocky Mountains* - Lizbeth Morgan 2013-06-04

The Rocky Mountain region's diverse geography

overflows with edible plant species. From salsify to pearly everlasting, currants to pine nuts, *Foraging the Rocky Mountains* guides you to 85 edible wild foods and healthful herbs of the region. This valuable reference guide will help you identify and appreciate the wild bounty of the Rocky Mountain states. This guide also includes:: detailed descriptions of edible plants and animals tips on finding, preparing, and using foraged foods recipes suitable for the trail and at home detailed, full-color photos a glossary of botanical terms

*Guide to Wild Foods and Useful Plants* - Christopher Nyerges 2014-04-01

An array of abundant wild foods is available to hikers, campers, foragers, or anyone interested in living closer to the earth. Written by a leading expert on wild foods and a well-known teacher of survival skills, *Guide to Wild Foods and Useful Plants* is more than a listing of plant types—it teaches how to recognize edible plants and where to find them, their medicinal and nutritional properties, and their growing cycles. This new edition features more than 70 plants found all around the United States along with more than 100 full color photos plus handy leaf, fruit, and seed keys to help readers identify the plants. It also includes fascinating folklore about plants, personal anecdotes about trips and meals, and simple and tasty recipes.

*Foraging Arizona* - Christopher Nyerges 2020-11-01

Arizona is a diverse area from the Colorado Plateau to the lowland basin and range areas of the Sonoran desert. *Foraging Arizona* addresses all the traditional plants from mesquite, amaranth, and cactus fruits, to the common urban weeds such as purslane, mallow, and lambs quarter. You'll learn about the edible wild foods and healthful herbs of Arizona. Organized by botanical families with a helpful guide to the environmental zone, this is an authoritative guide for nature lovers and gastronomes. Use *Foraging Arizona* as a field guide or as a delightful armchair read. No matter what you're looking for, whether it's history of how native plants were used or how you can forage some of your meals at home or on hiking trips, this guide will enhance your next backpacking trip or easy stroll around the garden. Inside you'll find:

Detailed descriptions of edible plants  
Tips on  
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finding, preparing, and using foraged foods A glossary of botanical terms Full-color photos  
**Mushrooming with Confidence** - Alexander Schwab 2012-10-03

Picking mushrooms in the woods on a sunny day can be fun for the whole family . . . but only if you do it safely! There are thousands of different species of fungi, so it can be hard to tell which are edible and which are poisonous when you are picking them for yourself in the wild. Safe and unsafe species often closely resemble each other, and worrying about which mushrooms are safe and which might be deadly can take all the fun out of mushrooming. Enter **Mushrooming with Confidence!** Improving on the usual overwhelming and exhaustive wild plant guidebook, **Mushrooming with Confidence** is a slim, handy manual that focuses on the tastiest and most common mushrooms, so that you can easily spot those that are not only safe to eat, but also a delight to cook and share! Here mushrooms are divided into four identification categories so that anyone will be able to recognize what he or she is looking at quickly and correctly. Thirty of the most common and delicious types are explained in detail, from the common field mushroom to the pretty purple amethyst deceiver and the prolific and tasty charcoal burner. Each mushroom includes a "Positive ID Checklist" that the reader can go through to be absolutely certain they have the right species, and more than 300 color photographs make it a snap to know exactly what kind of mushroom you've found . . . and whether you really want to pick it! With lists of the best tools for mushrooming, the best techniques for getting a mushroom out of the ground in one piece, and even how to remove worms, **Mushrooming with Confidence** will extinguish any fear or doubt that might stop you from hunting down your own delicious mushrooms. This will prove a fun and essential guide for novice and experienced pickers alike!

**A Field Guide to Edible Wild Plants of Eastern and Central North America** - Lee Peterson 1978

An illustrated handbook describes the most common edible plants, their range, uses as food, and suggested methods of cooking.

**276 Edible Wild Plants of the United States and Canada** - Caleb Warnock 2021-04-13

The most exhaustive edible wild plants reference book to cover the US and Canada, featuring over 800 full-color photos.

**The Negro Motorist Green Book** - Victor H. Green

The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

**General Technical Report INT** - 1984

*Field Guide to Forest Plants of South-central Colorado* - David C. Powell 1987

**Foraging Maryland, Virginia, and Washington, DC** - Christopher Nyerges 2022-09-01

Through the seasons, Maryland, Virginia, and Washington D.C. offer a continually changing list of wild, harvestable treasures. This full-color book guides you to the edible wild foods and healthful herbs of the regions and will help you identify and appreciate the local bounty. Inside you'll find: Detailed descriptions of edible plants Tips on finding, preparing, and using foraged foods A glossary of botanical terms Full-color photos

**A Field Guide to Western Medicinal Plants and Herbs** - Steven Foster 2002

Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

**Edible Wild Plants** - Thomas S. Elias 2009

Presents a season-by-season guide to the identification, harvest, and preparation of more than two hundred common edible plants to be found in the wild.

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**Nature's Garden** - Samuel Thayer 2010  
Presents a guide on locating, identifying, picking, and preparing wild edible foods grown in North America.

Edible Forest Gardens, Volume I - Dave Jacke 2005

Edible Forest Gardens is a groundbreaking two-volume work that spells out and explores the key concepts of forest ecology and applies them to the needs of natural gardeners in temperate climates. Volume I lays out the vision of the forest garden and explains the basic ecological principles that make it work. Edible Forest Gardens offer an advanced course in ecological gardening--one that will forever change the way you look at plants and your environment.

Foraging Idaho - Christopher Nyerges 2018-05-01

From ferns to trees, roots to fruits, native plants to the many introduced exotics, this guide uncovers the edible wild foods and healthful herbs of Idaho. Helpfully organized by families, with a guide for each environmental zone, the book is an authoritative guide for nature lovers, outdoorsfolks, and gastonomes.

Identifying & Harvesting Edible and Medicinal Plants - Steve Brill 2010-09-07

Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places shows readers how to find and prepare more than five hundred different plants for nutrition and better health. It includes information on common plants such as mullein (a tea made from the leaves and flowers suppresses a cough), stinging nettle (steam the leaves and you have a tasty dish rich in iron), cattail (cooked stalks taste similar to corn and are rich in protein), and wild apricots (an infusion made with the leaves is good for stomach aches and digestive disorders). More than 260 detailed line drawings help readers identify a wide range of plants -- many of which are suited for cooking by following the more than thirty recipes included in this book. There are literally hundreds of plants readily available underfoot waiting to be harvested and used either as food or as a potential therapeutic. This book is both a field guide to nature's bounty and

a source of intriguing information about the plants that surround us.

**Attracting Native Pollinators** - The Xerces Society 2011-02-28

With the recent decline of the European honey bee, it is more important than ever to encourage the activity of other native pollinators to keep your flowers beautiful and your grains and produce plentiful. In *Attracting Native Pollinators*, you'll find ideas for building nesting structures and creating a welcoming habitat for an array of diverse pollinators that includes not only bees, but butterflies, moths, and more. Take action and protect North America's food supply for the future, while at the same time enjoying a happily bustling landscape.

**Pacific Northwest Foraging** - Douglas Deur 2014-06-03

"Doug Deur invites us to discover the taste and history of the Northwest." —Spencer B. Beebe, author of *Cache* and founder of Ecotrust The Pacific Northwest offers a veritable feast for foragers, and with Douglas Deur as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in *Pacific Northwest Foraging* include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Oregon, Washington, and Alaska.

Edible and Medicinal Plants of the West - Gregory L. Tilford 1997

*Edible and Medicinal Plants of the West* is a full-colour photographic guide to the identification, edibility, and medicinal uses of over 250 plant species, growing from Alaska to southern California, east across the Rocky Mountains and the Northern Plains to the Great Lakes. Herbalist and naturalist Gregory Tilford provides a thorough introduction to the world of herbal medicine for everyone interested in plants, personal well-being, and a healthy environment.

**Field Guide to Forest Plants of Northern Idaho** - Patricia A. Patterson 1985