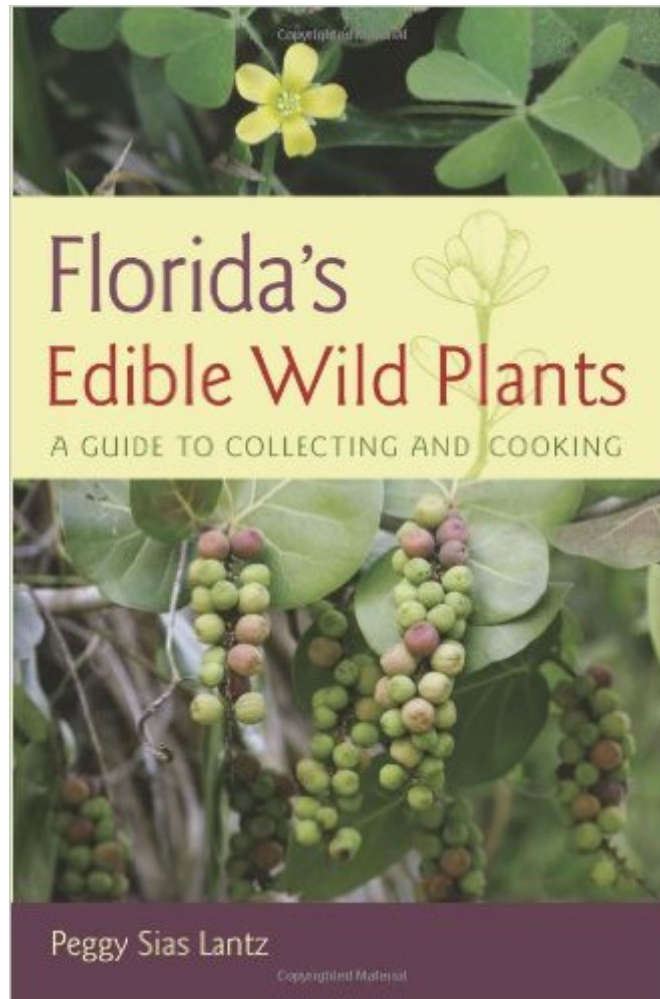


The book was found

# 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

I bought another different book and it had no color pictures, this one is full of great clear color pictures and I believe anyone could use this book successfully to find edible plants in Florida. Follow all the authors cautions of course but this is a great resource.

Perfect. I can't imagine how it could be better. It not only tells you how wild plants are used and how to identify them, but also includes recipes. Paula Benshoff

Sturdy book. Great for the backpack. The information is just plain 'ol good to know. We made the Beautyberry jelly. Other recipes soon. This tome completely challenged our definition of "weeds" ;-)

Packed with information and clear photos. Especially like the breakdowns by zone, season and uses.

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.

This book has great information for any Floridian interested in wildcrafting medicinal plants. I guess there are many edible plants but I had never even considered eating any of them. Peggy does make a good case for considering doing that with all the information in the book.

Just got it today and have not yet completely reviewed the book, but it looks good. Excellent quality photos that are clear and very typical of the plant discussed. The narratives are clear and precise. The book could be a bit more definitive as to the location within Florida where the plants are located. Florida has a large variant of climates from the Panhandle to the Keys. May revise my review after another looksee. R.E. Wiederhold

I have this book and absolutely love it! I have other books on wild edibles but find this one most helpful because all the plants in it are in the area I live. My wife and I go hiking all the time and want

to learn more about the plants around us. I am so thankful Peggy shared her knowledge in this wonderful book. This book would be a bargain at twice the price!

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