

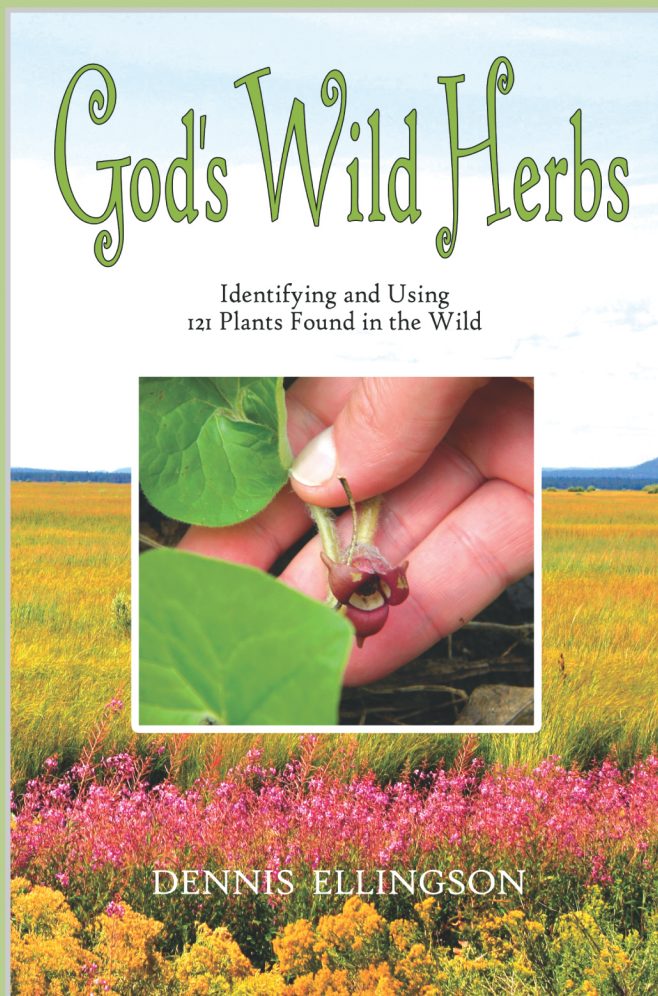
A FIELD GUIDE to WILD HERBS

for HEALTH & OUTDOOR ENTHUSIASTS

- How to identify & use 121 plants found in the wild.
- Includes both culinary & medicinal herbs.
- “Along the Path” inspirational thoughts.
- Recipes (e.g. Dandelion Jelly, Chickweed Pesto, Wild Ginger Dip).
- Color photos that illustrate each wild plant/herb.
- Foraging tips.
- Experiences of other foragers and wild herb enthusiasts.

TRADE PAPERBACK
128 PAGES, 6" x 9"
FULLY ILLUSTRATED
COLOR THROUGHOUT

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Dennis Ellingson

In the author's words: "My goal is to provide you with a field guide meant to be studied and then taken with you to find the plants that will be the most identifiable and locatable for you. We identify *what* the plant is, *where* you will find it, *why* to harvest it, *when* to harvest and use it, and *how* to use it.

Wherever you live, whatever your neck of the woods, you can find an abundance of native and naturalized plants. This makes for a great outing to identify and gather God's wild herbs.

These wild plants can contribute to a healthier and heartier life as we seek to follow and enjoy what God has prescribed and provided for us. I hope this book inspires you to better know the God of all creation."

Dennis takes us out of our cultivated gardens—into the wilds of forest, pasture, pond and meadow. Wild plants grow everywhere, and you can find them. It's good to know, if the time came that we couldn't get food as easily as we do now, that we could survive by using the edible wild plants around us. I hope that necessity never comes; but the knowledge to be able to go out and forage for wild food does give a certain confidence and satisfaction.

When walking across your yard or city park, through a mountain meadow or forest, on a windswept sea cliff, or along a sunny country road, take this book with you. And look for your own answer to the question, "Is this plant a weed or is it an herb?" At the very least, ask yourself, "In getting to know these wild plants, and observing them, perhaps wisely using them, might I open my life to better appreciate all of creation . . . and to experience more of their Creator (and mine)?"

—from the FOREWORD



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