Adventure in Edible Plant Foraging: Finding, Identifying, Harvesting, and Preparing Native and Invasive Wild Plants

Purchasing vegetables and leafy greens can become rather pricy. Moreover, store-bought greens often contain unhealthy pesticides and chemicals that can be harmful to your health. Foraging for wild plants is a cost-effective and healthy alternative. Harvested wild plants are cheaper, and much healthier with a significantly higher nutritional value than what you typically purchase.

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