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Foraging the Rocky Mountains: Finding, Identifying, And Preparing Edible Wild Foods In The Rockies (Foraging Series)

Lizbeth Morgan

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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

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