



# Edible Wild Plants: For Beginners - The Beginners Guide To Edible Wild Plants, Learn A Variety Of Recipes!

*Chris Wright*

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## **Forage For Edible Wild Plants Today!**

**Today only, get this kindle book for just \$0.99. Regularly priced at \$4.99. Read on PC, Mac, smart phone, tablet or Kindle device.**

Edible wild plants are earth's hidden gems that not many people are taking advantage of. In today's society foraging for food often involves trawling through supermarkets and spending hundreds of dollars each week, but it doesn't have to be that way. Edible wild plants have given people the opportunity to massively reduce their food expenses or even become completely self-sustaining.

### **Who This Book Is Not For**

Foraging edible wild plants takes work, whether you want to cut food spending, become self-sufficient or you just want to try it because it looks fun. Maintaining a regular diet that incorporates edible wild plants will require you to get out onto the field and get your hands dirty.

This means if you're looking for a lazy way of spending less on your food shopping then this is not the guide for you.

However if you're looking to enrich your life with a variety of foods that's both 100% FREE and 100% NATURAL then it's time to dive in and explore the world of edible wild plants by reading through the pages in this book.

## **Here Is A Preview Of What You'll Learn...**

- Getting Started
- Picking and Foraging Edible Wild Plants
- Edible Wild Plant Recipes
- A Few Points to Note
- Much much more!

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