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Alaska's Wild Plants: A Guide to Alaska's Edible Harvest (Alaska Pocket Guide)

Janice Schofield Eaton

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Alaska's Wild Plants: A Guide to Alaska's Edible Harvest (Alaska Pocket Guide) Janice Schofield Eaton
An authoritative guide book to more than 70 of Alaska's most common wild edible plants.
Tuck this guide into a backpack, glove compartment, or pocket and use its color photographs and habitat and plant descriptions to help you discover the bounty of the land and its plants around you.

The authoritative gathering instructions ensure a healthful harvest. Learn about each plant's nutritional content, and medicinal and culinary uses.

Also included are recipes for fresh salads, unusual appetizers, delicious soups, breads and more.

The author is an authority on the wild plants of North America and Alaska.

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