



Nuts and Berries of New England: Tips And Recipes For Gatherers From Maine To The Adirondacks To Long Island Sound (Nuts and Berries Series)

Tom Seymour

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New England's diverse geography overflows with many types of edible plants. Through the seasons, this forager's paradise offers a continually changing list of wild, harvestable treasures. *Nuts and Berries of New England* guides you to the edible wild foods and healthful herbs of the Northeast. This valuable reference guide will help you identify and appreciate the wild bounty of New England. Inside you'll find: detailed descriptions for 25 edible nuts and berries; tips on finding, preparing and consuming them. Use *Nuts and Berries of New England* as a field guide or as a delightful armchair read. No matter what you're looking for, this guide will enhance your next backpacking trip or easy stroll around the garden, and may just provide some new favorites for your dinner table.

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