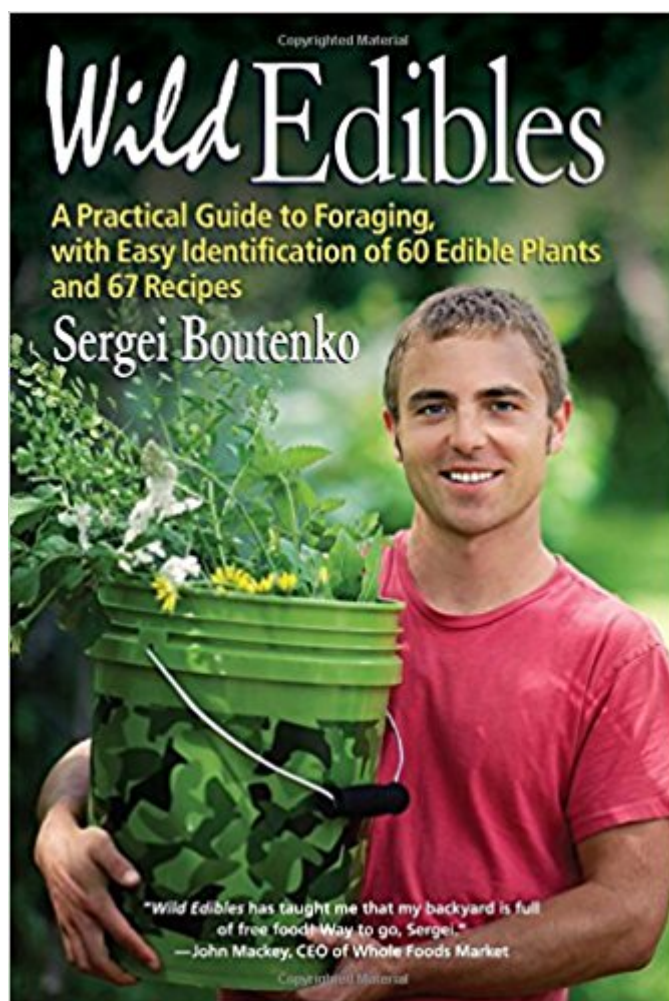


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# Wild Edibles: A Practical Guide To Foraging, With Easy Identification Of 60 Edible Plants And 67 Recipes



## Synopsis

In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes. Sergei Boutenko has been gathering wild plants since he was 13, when, early on in a 6-month hike from Mexico to Canada, he and his raw-food family ran out of provisions and turned to foraging for survival in the wild. Back in civilization, Boutenko was dismayed by the inferior quality of store-bought food and industrial agriculture, and began to regularly collect wild plants near his home and on his travels. Now, in *Wild Edibles*, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants. The book outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocol, gathering etiquette, and conservation. Boutenko explores in detail the many rewards of eating wild flora: environmental protection, sustainability, saving money, economic self-sufficiency, and healthy living. He draws on thoroughly researched nutrition science to make a compelling case for the health benefits of a diverse, local-food diet that includes wild greens. The majority of the 60 edible plants described in this field guide can be found worldwide, including common-growing trees. Over 300 color photos make plant identification easy and safe. A chapter containing 67 high-nutrient vegan recipes—including green smoothies, salads and salad dressings, spreads and crackers, main courses, juices, and sweets—provides inspiration to join Sergei on the trail to radiant health. “*Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes*” has taught me that my backyard is full of free food! Way to go, Sergei. —John Mackey, CEO of Whole Foods Market

## Book Information

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## Customer Reviews

“Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes” has taught me that my backyard is full of free food! Way to go, Sergei.

•John Mackey, CEO of Whole Foods Market “Sergei grew up eating wild foods. He’s extraordinarily qualified to teach us all about the magic and innate vigor of wild edibles.

Increase your life force energy and have the best day ever every single day with the knowledge Sergei shares within the pages of this book!

•David Wolfe, author of Eating for Beauty, Superfoods, and Chaga: King of the Medicinal Mushrooms “Wild Edibles is a useful guide to foraging and includes information on identifying 60 edible plants. Many colorful photographs and line drawings are provided as well. The author also presents clear details on which wild plants are poisonous and not edible. Vegan recipes using these foods are included. For

example, you can whip up a Wild Amaranth Smoothie or prepare Wild Daily Salad, Sow Thistle Pesto, Sheep Sorrel Soup, Marinated Fiddleheads, or Roasted Veggies with Burdock.

•Vegetarian Journal “All of the books written by the Boutenko family provide valuable insight into diet and natural health, which inspires us and helps us move through our crazy lifestyle as professional musicians. Sergei’s new book is no exception. Thanks to Wild

Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes, we can now eat even healthier on tour! By conscious eating we take care of our

bodies and the entire world.

•Rodrigo y Gabriela “This book is clear, concise, and thoughtfully written for both novice foragers and those who know a thing or two.

| Included along with identification are uses, nutritional information (very detailed), helpful tips, identification tricks, cautionary advice about look-alikes, and flavor. [Boutenko] also includes conservation and gathering etiquette.

| His enthusiasm for foraging and eating healthfully while respecting the earth comes through on every page.

•Fiddlehead Foraging

blog

At age 15, SERGEI BOUTENKO collaborated with his family on their first book, Raw Family: A True Story of Awakening; he and his sister Valya went on to coauthor Eating without Heating: Favorite

Recipes from Teens Who Love Raw Food and Fresh: The Ultimate Live-Food Cookbook. Boutenko holds a degree in communications from Southern Oregon University. A writer and educational filmmaker, he conducts seminars on healthy living worldwide. The author lives in Ashland, OR.

What a wonderful book! I saw the movie first on FMTV and ordered the book as soon as it finished. I knew there are lots of edible 'weeds' but didn't want to attempt to forage until I was absolutely sure of non-toxicity. Sergei is informative, knowledgeable and very cute! The book is very well illustrated, with lots of clear photographs of the plants. It's printed on very lovely paper - which I enjoy as a tactile person. It has lots of clear written information, a comprehensive glossary and index and nice drawings of leaf types. I would love Sergei to make a field book to take out with me, this one is too nice to get mucky. A definite must for gardeners and outdoor peeps. Who knew there is so much free food out there?

I bought one book through because Sergei Boutenko was going to give a lecture at my local health food store. I really enjoyed the book and am just thrilled with all the information piled into it. There are a ton of pictures to accompany each plant for easy identification and some very intriguing recipes. If you are into foraging and edible weeds, this is a must read and a very valuable resource. In fact, I love it so much I bought a second at the lecture from him to give away on my blog! Also it has inspired me to go out foraging more but has led me to the realization that I don't have to go too far - there are many weeds just waiting to be tried right outside my backdoor. It's worth mentioning that this is NOT an all-inclusive list. It visibly states on the book that it includes 60 plants. This is a great place to start for foraging novices/intermediates and the interesting recipes (mallow leaf wrapped avocado? yum!) and plant information make it valuable for the expert.

I thought that the photos could have been better. It is also confusing when changing from one plant to another. You can be on a page but not realize that the comments pertain to a different plant. His videos are great but the book is just ok. I have about a dozen books and have to cross reference them all. It gets annoying.

This book did not disappoint! Sergei gave such a huge variety of edible plants for us to look for and find locally, that makes this book sufficient enough for me to use alone, without the need for any extra supplemental materials. The pictures given for every plant are very helpful and the description is nice and clear. I love the fact that he describes what the flower, the stem the leaves and the roots

look like for each plant, even the smell. It gives you more than one characteristic of the plant to check out, which is important.

Love the Boutenko's family contribution to raw food. Of all the wild edible books, this ranks near the top. Well done, great pictures, good tips. The only thing I would change is that a lot of it was redundant in the description. It felt like (and probably was) a copy and paste job. But overall, worth the money and I would recommend it for the layout, great pictures and quality information.

I love how well the information is laid out for each item, and there are plenty of pictures to help identify each plant. This book is extremely easy to use. I've already identified several wild edibles on my own lawn... I can't wait till spring when I'll have a free smorgasbord available every day! One of the things that sets this book apart and makes it a very interesting read are the little bits of his life that Sergei shares in each plant description. I highly recommend this book for any foraging beginners (like myself).

I first stumbled upon Sergei Boutenko's book after reading Green for Life, which had been recommended by a friend from school. In just a few short pages, I was hooked on the idea of using what he has growing for free as a means of supplementing our diets with what is typically lacking- micro and phytonutrients. I headed out to my little city garden and pretty quickly identified lots of purslane, lambs quarters and amaranth (lucky me! I'm not the best gardener!) lovely recipes at the end and an interesting, accessible read throughout. Loved it!

I just love Sergei's "Wild Edibles". Informative and down to earth.

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