



Wild Summer and Fall Plant Foods: The Foxfire Americana Library (8)

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A handy illustrated guide to the edible plant life available in Appalachia and surrounding areas during the summer and fall seasons. From berries to herbs perfect for teas and tonics, each entry includes information on where to find the plant, how to spot it, and the best ways to eat it, often with recipes.

Plants include:

Gooseberries
Raspberries
Blueberries
Figs
Pawpaws
Cattails
Nutgrass
Thistle
Catnip
Spearment
Peppermint
Blue-mountain tea
Yarrow
Chamomile
Dills
Black Walnuts
Pecans
Hazelnuts

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