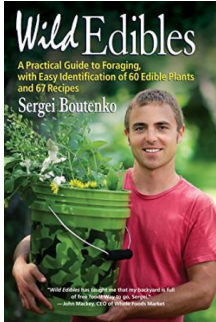


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North Atlantic Books,U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits 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...

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