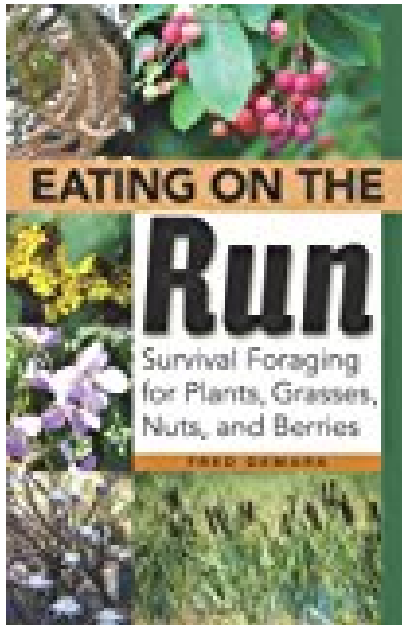


Eating on the Run Survival Foraging for Plants Grasses Nuts and Berries



BOOK DETAILS

- Author : Fred Demara
- Pages : 144 Pages
- Publisher : Paladin Press
- Language : English
- ISBN : 161004763X

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BOOK SYNOPSIS

For you, being prepared is a way of life. Your survival pantry is brimming with delicious dried and canned foodstuffs, your garden produces bumper crops of fresh vegetables year after year, and your hunting and fishing skills keep your freezer well stocked with healthy proteins. Having enough food to survive an emergency is the least of your worries. But what if you find yourself stranded in the wilderness and unable to get home for days or weeks . . . or even months? Could you live off nature's bounty until you can return to civilization? You can if you follow Teddy Roosevelt's advice. The food you need will be "where you are" . . . if you know which ones will serve your purpose. There are some 2,000 edible plants recorded, most of which are not cultivated as crops. Growing wild, these little-appreciated but healthful and palatable plants can feed you well in the wilderness at every time of year, even in the dead of winter. After all, these plants sustained earlier cultures for thousands of years, and they could well save your life today. Eating on the Run will equip you with a working knowledge of dozens of readily harvested plants, grasses, nuts, and berries that require the least, if any, preparation. You will learn how to distinguish safe plants from toxic varieties, which parts of the plant are edible and when, and where abundant supplies are likely to be in each season. Plus, the author shares delicious ways to enjoy the plants while on the move. No survival pantry is complete without this book. **SELLING POINTS:** Eating on the Run will equip you with a working knowledge of dozens of readily harvested plants, grasses, nuts, and berries that require the least, if any, preparation. Illustrated throughout

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