



Edible Plants of the Eastern Woodlands: A Folding Pocket Guide to Familiar Species (Pathfinder Outdoor Survival Guide Series)

Dave Canterbury, Waterford Press

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In a survival situation, exertion and caloric output have to be constantly weighed against the caloric gain. Edible plants are often the most accessible and intelligent food choice, provided you are aware of a plant's nutritional value. Knowing which plants are edible and their relative caloric value is key to determining what to eat. This simplified waterproof guide focuses on 23 common plants that are widespread in the eastern woodlands of the United States (though many are found in other locations as well) and how to harvest and prepare them. It also includes information on the caloric values of different plant parts and dangerous plants to avoid. Developed in collaboration with noted survival expert and master woodsman Dave Canterbury, this is one of a 10-part series on survival skills. Made in the USA.

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