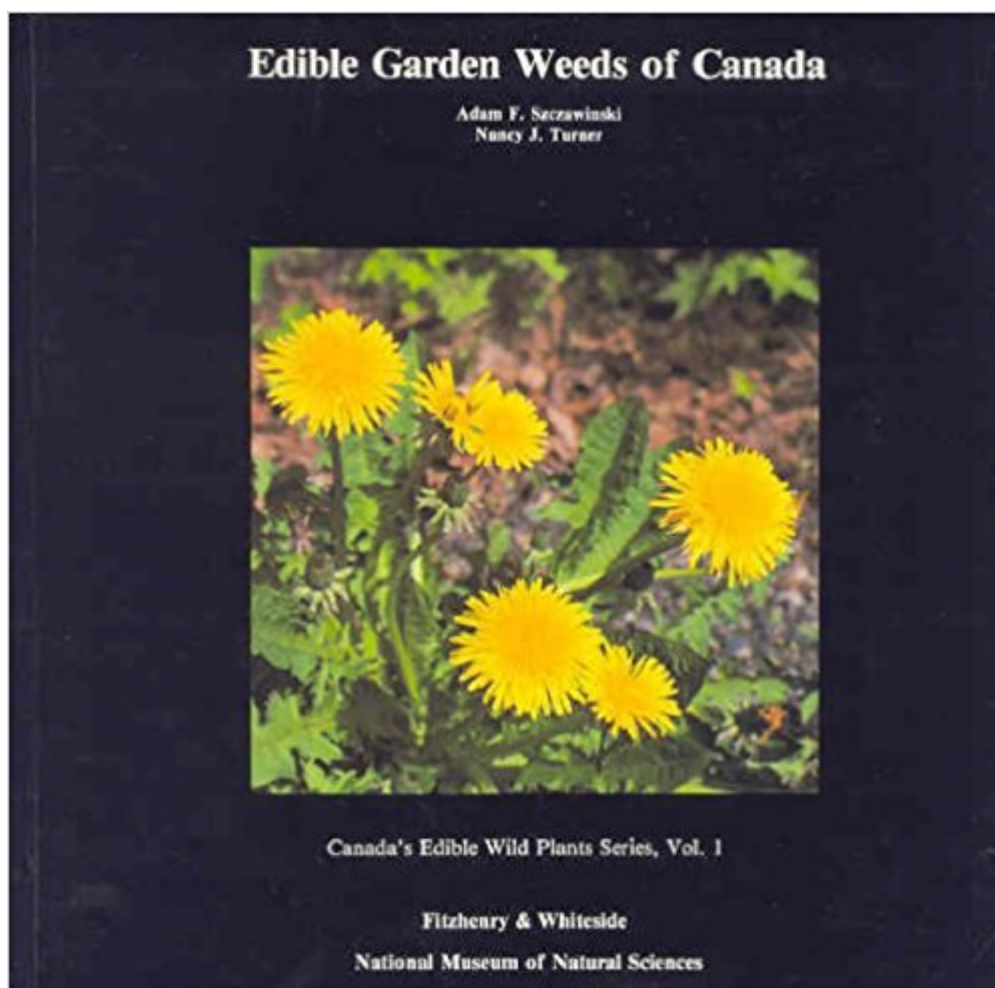




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Edible Garden Weeds Of Canada (Canada's Edible Wild Plants)



Synopsis

This illustrated guide and cookbook will introduce you to foods that are delicious, rich in vitamins and minerals, and yours for the picking. These so-called weeds can be found in your own garden or on a country walk, and are as nutritious as the more common vegetables. The first in a series on edible wild plants of Canada, this book describes over forty common weeds, indicates where they can be found, and explains how to prepare them by means of simple and original recipes. Winner of an international award for design excellence, Edible Garden Weeds of Canada has been so well received that it is now in its third printing. Published in trust for the National Museum of Natural Sciences

Book Information

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Customer Reviews

Adam Szczawinski was curator of botany at the British Columbia Provincial Museum until his retirement in 1975. He has published many articles and books on the plants of that province. Nancy Turner's specialty is ethnobotany – the uses of plants by man – and she has done extensive research into the Indians' use of plants for foods, materials and medicines.

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