

## Seasonal Foraging: 15 Summer Wild Foods to Forage: Edible Wild Plants, Four Season Harvest, Foraging (Foraging Food)

Chad Mason



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### **Seasonal Foraging: (FREE Bonus Included)**

### **15 Wild Foods to Forage**

All the information you need to be able to forage throughout the seasons is contained within this book. Whether you are going on a camping trip and want to know how to forage for a few roots and berries while you spend the weekend outdoors or if you are a full blown survivalist wishing to eke out a long term stay in the wilderness, this book is for you! This book teaches you to pull up daisies the right way!

Follow along as we countdown through the seasons some of the best wild food to forage. Along with pointing out types of wild food and where you can find them, this book also starts you off with clear guidelines to help you test for yourself which foods are edible and which foods are not. Using proven, military grade, survivalist methodology, this guide takes you through all the seasons of the year, cataloguing in great detail what each harvest has to offer. A valuable resource that you should not do without!

#### Here are a few things we will cove in this book:

- What's Edible
- Where to Find it

- Equipment you Need
- Food Categories by Season

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