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Jim Meuninck

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An information-packed tool for the novice or handy reference for the veteran. Distills years of knowledge into an affordable and portable book.

With this updated guide, you'll discover how to identify and gather more than 100 of the most nutritious wild plants and useful herbs in the contiguous United States, prepare delicious recipes using your wild harvest, determine the identity of poisonous plants and poisonous look-alikes, and take charge of your personal health by making wild plants and herbs a part of your diet.

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