



The Essential Wild Food Survival Guide

By Linda Runyon

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The Essential Wild Food Survival Guide By Linda Runyon

Author Linda Runyon lived off of the land in the wilderness of Upstate NY for years, feeding her family with wild edible plants. She has paid her dues and learned the hard way so you don't have to. With this book, you will learn how to see and use the abundance that surrounds us everywhere plants grow. You won't look at the world the same way again, and you will never fear hunger. The book is 320 jam-packed pages, profusely illustrated by the author. You will learn how to identify, gather, prepare, store and enjoy an endlessly nutritious and renewable resource. The book is full of data, charts, nutritional breakdowns, and a poisonous look-alike section. There are many clear black & white photos as well as line drawings for identification. After you gather your bounty, there's even delicious recipes! The majority of the plants are found in ALL 50 states, and, indeed, most of the world. A few are unique to the East or the West United States. Opinion leaders in this subject agree that Linda is the teacher and this is the book. Linda teaches her subject with authority. Her experience of homesteading without stores, electricity and modern conveniences led to the creation of this ultimate wild food survival guide. "The Essential Wild Food Survival Guide" will become your valuable companion on the path to healthful living.

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