



Foraging: Save money & gain vitality: How to Safely Identify, Collect Food and Make Remedies by Foraging Wild Food & Medicine. (Foraging for Life) (Volume 1)

Jerry Bolden

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Do you wish you could eat healthy meals without spending too much money?

Did you ever look for a way to satisfy your curiosity and adventurous spirit, and food provide at the same time?

Are you tired of going to supermarkets and purchasing produce “decorated” with fertilizers, herbicides, pesticides and all kinds of chemicals?

This book will teach you how to do all that and much more. Besides learning what to do to connect your adventurous spirit with food providing, and how to abandon the constant annoyance of shopping at supermarkets, this book will teach you how to connect with nature too.

(Edible weeds, Edible flowers, Edible mushrooms and Ornamental plants explained with the pictures)

Since ancient times, humans were connected to nature; they were part of it. When civilizations started to develop, men became detached from nature, and it came to the point where a person goes to a forest and doesn't even recognize all the amazing food sources right before his eyes. Foraging is a great way to become part of nature again, to know where to get food and how to find it. Foraging is about respecting the nature and realizing the importance of nature's cycles.

Why to forage? You should forage for food because it's an excellent way to eat healthy foods that don't contain pesticides, herbicides or any other dangerous chemicals and save money at the same time. When you forage regularly for at least 2 months, you will notice how much money you save and how your eating habits

change to the better.

Foraging is more than just going into nature and picking plants; it's a lifestyle based on simple living, and today we unfortunately are everything but simple.

Here is what you will learn in this book:

- Where foraging is allowed, whether or not you need a permit, and what happens if you forage without a permit at areas which require it
- Rules for foragers
- How to know the plant you pick won't cause allergic reaction.

You will also learn this

- What tools will make your foraging trip easier
- What types of plants you can forage
- How to preserve the plants you pick
- How to use plants and herbs

Do you want a new laptop, phone, or kitchen appliance?

You will finally be able to get it when you save money by foraging foods. Get to know your surroundings, improve your fitness, enjoy watching beautiful sights and landscapes, and get free food you can use to spice up your kitchen routine. Foraging, really, has it all.

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