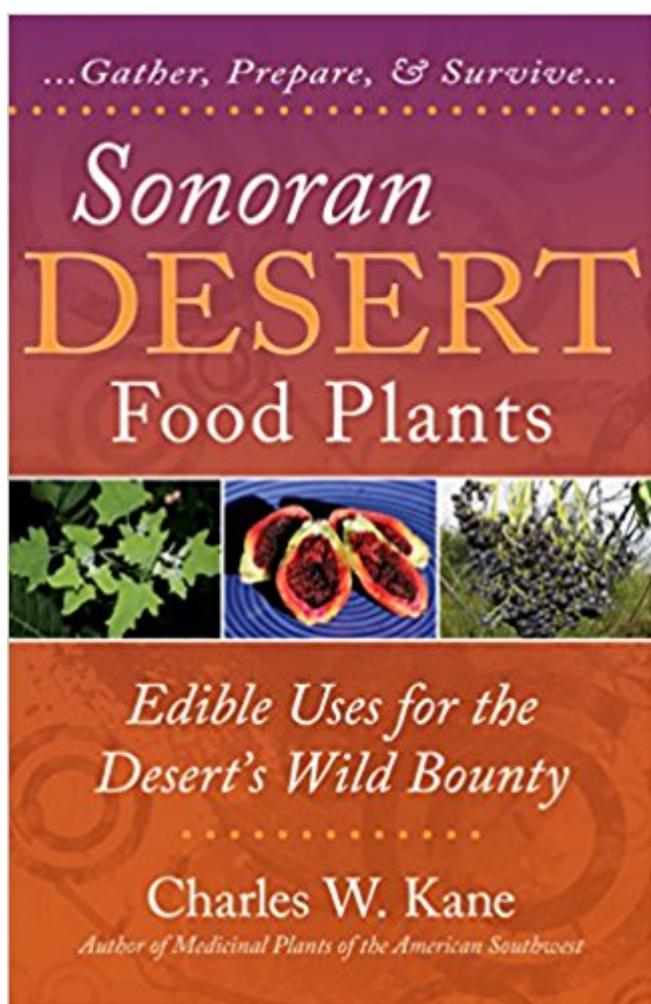


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# Sonoran Desert Food Plants: Edible Uses For The Desert's Wild Bounty



## Synopsis

Second edition improvements include: additional profiles, larger photos, Arizona-only county-by-county location maps, and a season collection indicator for each plant. Sonoran Desert Food Plants is specifically designed for the outdoor enthusiast whom is in need of a concise, no-nonsense booklet instructing on the collection, preparation, and utilization of 58 regional edible plants. Essentially: find it, gather it, and eat it. 120 color photos, 58 Arizona location maps, common and scientific names, preparation and toxicity issues, and concise medicinal and related ethnobotanical uses serve as accents making Sonoran Desert Food Plants a useful resource for any Arizona resident. The following plants are covered (49 indigenous to the Sonoran Desert/Uplands and 9 non-native yet abundant): Agave, Amaranth, Arizona Jewel Flower, Asian Mustard, Barrel Cactus, Beargrass, Biscuitroot, Bluedicks, Bowlesia, Canyon Walnut, Catclaw, Cattail, Chia, Cholla, Desert Hackberry, Desert Hollygrape, Desert Lily, Devil's Claw, Elder, Feather Tree, Flameflower, Graythorn, Ground Cherry, Hedgehog Cactus, Horse Purslane, Ironwood, Jewels of Opar, Jojoba, Lambsquarters, Lemonade Berry, London Rocket, Mallow, Mariposa lily, Mesquite, Miner's Lettuce, Monkey Flower, Paloverde, Papalo, Pellitory, Pincushion Cactus, Poreleaf, Prickly Pear, Purslane, Saguaro, Sow Thistle, Texas Mulberry, Thistle, Tumbleweed, Watercress, Wild Gourd, Wild Lettuce, Wild Oats, Wild Rhubarb, Wild Sunflower, Wolfberry, Yellowshow, Yucca (Fruit), and Yucca (Stalk). Readers will also find the author's approach to the material refreshingly objective and clutter-free: no philosophical ramblings and epicurean cookbook recipes, just stripped-down, sensible information on how to best utilize the most common wild desert food plants of the Sonoran region. Printed and bound in the USA.

## Book Information

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## Customer Reviews

Titles: Medicinal Plants of the American Southwest (2006/2009/2011), Herbal Medicine: Trends and Traditions (2009), Sonoran Desert Food Plants (2011/2017), Southern California Food Plants (2013), Wild Edible Plants of Texas (2016), and Medicinal Plants of the Western Mountain States (2017).

Kane's produced a very field-portable, user-friendly guide to the essential food plants of the Sonoran desert. I particularly like his "edibility index", a one word (high, medium low) characterization of the real palatability and/or unpleasant side effects of the flora in question. I'd agree with him whole-heartedly, for example, that jojoba beans, which show up as edible in numerous guides are, very much on the "low" side of this index. While you can get them down, they're likely to come back and haunt you hours later! The photographs are also good, often with a general view of the plant, then a close up of the edible part. He notes medicinal uses, but doesn't dwell on them, which is fine. I'd recommend this book for both the serious desert trekker and the casual hiker.

Lot of info for the Sonoran Desert. I need to spend some time and go out looking for some of these plants but for my backyard and I have an acre out in the desert it works. Worth the buy if your interested in the flora of our Sonoran desert and what you could forage for to eat.

The book covers 50 plants that are edible in the south west, was a good but quick read, my only complaint is the book itself could have had different angels for all the plants viewed withing the book. beside that its a shame that most of the edible plants don't look that appeasing, mostly weeds such as dandelions and clover look a likes, worst part is that most of the berries and food you can eat cant really be eaten more then a hand full at a time unless you don't mind getting diarrhea and dieing of dehydration in the Desert. The Desert be a cruel mistress.

Aside from the excellent photos of the plants I like how specific the directions were for preparing them to eat. I also liked the additional information offered such as medicinal uses and cautions. The book is thin and light which makes it easy to carry along on my desert outings. I've learned that using tongs to harvest prickly pear or similar cactus fruits is preferable to other methods and that placing the fruits in ice water and sloshing them around will remove most of the gloclids (tiny stickers) from the exterior. I like to peel mine before eating them but most folks eat the whole thing.

This book is what I expected for the price. Its a smaller size book with what seems like water resistant paper. Has color pictures which displays Sonoran desert plants that are edible. For the price its a great resource, which isn't really substantial enough to be a stand a lone guide. Worth the money and well written, AND I got it one day sooner than expected from --they're great.

This book has a permanent place in my between the seats tray in the car. I used it to gather some very young Red Yucca flower stalks and there were as tasty as asparagus, but FREE. Already looking for ward to cactus fruit harvest this summer.

I really like this as a small, concise resource for those who are looking for an introduction to Sonoran desert foot plants, but it's definitely NOT a comprehensive resource for those who have been studying native foods for any notable length of time. I would highly recommend it for beginners, but I think those who have already invested a lot of time in researching this information should PROBABLY look elsewhere.Cheers!

Useful easy to pack around booklet. Really would have liked it to have more nutrition information, better photos for identification would really help too. I clearly did not read the description for this booklet well enough, if I had I would not have bought it for the price I paid.

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Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Sonoran Desert Food Plants: Edible Uses for the Desert's Wild Bounty Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started Edible wild fruits and nuts of Canada (Edible wild plants of Canada) Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State Edible Garden Weeds of Canada (Canada's Edible Wild Plants) A Natural History of the Sonoran Desert (Arizona-Sonora Desert Museum) Rabbits and Rats, Birds

and Seeds, Cactus and Trees: Plants and animals at work in El Pinacate, Sonoran Desert Edible Wild Plants: 25 Plants You Can Find In The Forest: Identify, Harvest & Prepare Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places The Bounty: The True Story of the Mutiny on the Bounty Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) Katie of the Sonoran Desert: Based on a True Story (English and Spanish Edition) The Sonoran Desert by Day and Night (Dover Nature Coloring Book) Landscapes of Power and Identity: Comparative Histories in the Sonoran Desert and the Forests of ia from Colony to Republic

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