



# Foraging: (Free Gift Inside!) Harvesting and Using Wild and Natural Herbs (How To Avoid Danger, Best Time To Forage, Store Properly and Prep for Consumption!)

*Annabelle Higgins*

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Foraging is what many people are turning to today as a way of enjoying and experiencing what the natural world has to offer in a safe and healthy way. If you have gained an interest in foraging but do not know how to begin then this can be a great guide that you can use.

The truth is that not all plants are safe for consumption and so this book serves to highlight the extra caution you can take to protect yourself from the poisonous plants while in your quest for foraging. Flora has medicinal properties that this book examines and tells you about the different herbs you can use for their herbal benefits. In addition to that, it looks at the edible part of plant and enlightens you of the various species of wild plants that you can enjoy.

This book takes you step by step through the entire journey of foraging from identifying and picking the plants to preserving them. After gathering all the knowledge you need about foraging, there are recipes provided that you can actually try out in your own kitchen. With this book, you never have to worry about endangering yourself when foraging because it can turn out to be a safe and fun activity.



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