



# **Foraging: Foraging Wild Mushrooms, Medicinal Herbs And Wild Edible Plants - Learn Amazing Survival Skills For A Self-Sufficient Living! (Wilderness Survival, Foraging Guide, Wildcrafting)**

*Fredrick Stuart*

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## **Foraging**

### **Foraging Wild Mushrooms, Medicinal Herbs And Wild Edible Plants - Learn Amazing Survival Skills For A Self-Sufficient Living!**

Do you want to reduce your carbon footprint on the world? Maybe you have a friend who forages or you have heard it mentioned, but you don't know how to get started? Maybe you just want to keep something on hand that is an easy and fast reference to look at while you are out foraging, a gentle reminder as it were. This is the comprehensive beginners guide to foraging. You can start on your way to be healthier, happier and more self sufficient in an ever modernizing world.

### **Here is a preview of what you'll learn:**

- A list of the easiest mushrooms to forage for that are edible
- A look at herbal medicines that can be foraged for
- Where the best places to forage are
- The best ways to forage
- The best ways to store what you have foraged
- How to grow some wild plants in your own yard
- And much more!!

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