



The Encyclopedia of Edible Plants of North America: Nature's Green Feast

By *Francois Couplan*

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Nature offers a lush variety of healthful, intriguing, and delicious fruits and vegetables that don't require a gardener's green thumb to enjoy, yet most Americans limit themselves to about 60 or so fruits, vegetables, nuts, and grains. From horsetails, ferns, and conifers to shrubs, vines, and herbaceous species, this guide describes how to find, identify and use hundreds of plants as tasty morsels.

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