



Wild Berries of the West

Betty B. Derig, Margaret Fuller

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If your mouth has ever watered over lush berries in the woods, this totable field guide is for you. Learn which wild berries and fruits are edible, when to pick them, and how to prepare them.

Organized alphabetically by common family name, this color field guide tells how to identify more than 150 fruits and berries that grow throughout the western United States. Color photographs of flowering plants and ripe fruits help identify berry patches. Plant write-ups discuss how Native Americans and pioneers used the plants for food, medicine, and crafts, and how to grow the plants in your own backyard.

The authors include more than 50 of their favorite recipes--from juniper berry chicken and elderberry ham to groundcherry chutney and lingonberry coffee cake. This field guide is a must for berry lovers, adventurous cooks, amateur botanists, native-plant gardeners, and students of Native American lore.

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