



California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger

Judith Lowry

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The Golden State is home to an abundance of delicious wild edible plants. From woodlands to wetlands, grasslands to mountains, and coast to desert, delectable and unique wild foods beckon the curious forager. Consider the delights of blending wild borage leaves into a pungent pesto and decorating a salad with the blue, star-shaped flowers. If you're in the desert, sample the sweet-tasting blooms and pea-like seeds of blue palo verde. In wetlands gather cattail pollen for golden pancakes. Plan a foraged feast. A passionate wild foods and native plants expert, Judith Larner Lowry tracks down local varieties and traditions. Along the way she shows you what to look for, when and where to look, and how to gather in a responsible way.

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