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Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State

Charles W. Kane

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Designed as a light-weight and field-portable reference booklet, Wild Edible Plants of Texas highlights the Lone Star State's most important edible wild plants. To the point and understandable, this guide best suits the prepper or outdoor enthusiast in need of a salient introduction to the field. No fluff. Just the facts.

Each of the 60 (actually 62) entries are comprised of the following sections: Range and Habitat, Edible Uses, Medicinal Uses (when applicable), Cautions, and Special Notes. Both common and scientific names are listed. Over 100 color photos assist in identification and in many cases showcase each plant's choice edible part. Every profile is assigned a Texas-only location map and a seasonal guide on the best harvesting time. A general index is included as are a dozen photos of the state's poisonous plants.

Some of the entries have a greater-than Texas range, however many are uniquely Texan, and hail from a specific region. West Texas' Chihuahuan Desert, the Hill Country of the Edwards Plateau, the Plains of the Panhandle, and the Piney Woods and Swamplands of the state's Coastal Plain all are botanically represented.

The following plants are covered: Agave, Algerita, Amaranth, Arrowhead, Bastard Cabbage, Black Cherry, Blackberry, Bumelia, Cattail, Cholla, Dayflower, Devil's Claw, Dewberry, Dock, Dwarf Palmetto, Elder, Flameflower, Graythorn, Ground Cherry, Hackberry, Hickory, Indian Strawberry, Jewels of Opar, Kudzu, Lambsquarters, Lemonade Berry, London Rocket, Lotus, Madrone, Mallow, Mesquite, Mulberry, Nettle, Oak, Passionflower, Pawpaw, Pecan, Pennywort, Persimmon, Pokeweed, Prickly Pear, Purslane, Redbud, Rusty Blackhaw, Sorrel, Sow Thistle, Spring Beauty, Sugarberry, Thistle, Turk's Cap, Walnut, Wild Gourd, Wild Grape, Wild Oats, Wild Onion, Wild Plum, Wild Sunflower, Winecup, Yaupon Holly, Yellow Nutsedge, Yucca (Fruit), and Yucca (Stalk).

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