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In the ninth River Cottage Handbook, Mark Diacono explains how to nurture and grow your own garden fruit. Growing fruit at home is a

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delicious and altogether more enjoyable alternative to buying it in the shops. Mark Diacono offers a practical and accessible guide to making the most of your garden and what it has to offer. The first part of the book is an A-

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Z of the different varieties of fruit, with old favourites like apples, cherries, plums, blackcurrants, white currants, redcurrants, strawberries, blueberries, gooseberries, raspberries and rhubarb as well

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as more exotic species like figs, grapes, cranberries, Japanese wine berries and apricots. Each is accompanied by a photograph, with detailed advice on when and how to grow and harvest. In the second part of the

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book, Mark gives straightforward guidelines on techniques like pruning and training, as well as how to deal with problems or pests. There is a section dedicated to growing under covers and in containers.

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Introduced by Hugh Fearnley-Whittingstall and with 30 delicious recipes, beautiful, full-colour photographs and a directory of useful addresses, this is the ideal reference for any aspiring fruit grower.

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A comprehensive and easy guide to bringing wild food indoors and new life to your cooking. Many home cooks want to experiment with wild foods and explore new flavors, but don't know where to start--The

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Forager's Pantry was written for you. This comprehensive and accessible book by Ellen Zachos takes readers through spices and herbs, flowers, fruit, greens, nuts and seeds, tubers and roots, and mushrooms, showing how

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**some of the best ingredients
come from nature itself. The
Forager's Pantry is for any home
cook, chef, or foodie who wants
to incorporate foraged flavors
into their everyday cooking. This
guide will start with individual**

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ingredients before going into techniques, preservation, and master recipes, making foraged food both accessible and delicious. This book is for the adventurous home cook just waiting to get started--combine

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**new foods with familiar staples,
explore wild ingredients, and
bring new life and excitement to
your cooking.**

**South Africa–born Marie Viljoen
captures the hearts of her
readers as she blogs about**

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cooking and gardening on her tiny 66-square-foot terrace in Brooklyn. Named one of the top 10 gardening blogs by Apartment Therapy and the Discovery Channel, 66 Square Feet has also been covered in

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the New York Times. The book draws the reader into Viljoen's beautiful world of unfolding city seasons as she forages through New York City and harvests from her garden to create elegant and inspiring meals that encourage

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the reader to pause and savor life. Each chapter is a month, and ends in the kitchen, with a menu inspired by her terrace and roof gardens, farmer's markets, and the occasional weed. Set against a backdrop of

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growing up in South Africa and moving to the United States, meeting her French husband, and finding a culinary and emotional home in Brooklyn, Viljoen's book is a love letter to living seasonally in the most

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famous city on the planet.

**Foraging & Feasting: A Field
Guide and Wild Food Cookbook
celebrates and reclaims the lost
art of turning locally gathered
wild plants into nutritious,
delicious meals ? a traditional**

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**foodway long practiced by our
ancestors but neglected in
modern times. The book's
beautiful, instructive botanical
illustrations and enlightening
recipes offer an adventurous
and satisfying way to eat locally**

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and seasonally. Readers will be able to identify, harvest, prepare, eat, and savor the wild bounty all around them. We share this project with you out of our long commitment to connecting with nature through food and art. The

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effort weaves together Dina's 30 years of passionate investigations into wild-plant identification, foraging, and cooking with Wendy's deft artistic skills honed over 15 years as a botanical illustrator.

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The result is an abundance of recipes and illustrations that explore creative ways to bring wild edibles into our lives. Part One of Foraging & Feasting serves as a visual guide, tracking 50 plants through their

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growing cycle. The images illustrate the culinary uses of wild plants at various seasons. Part Two contains easy-to-use references including Plant Chart Centerfolds and Seasonal Flow Charts. Part Three brings you

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into the kitchen; here you'll find more than 100 master recipes and countless variations formulated to help you easily turn wild plants into delectable salads, soups, beverages, meat dishes, desserts, and a host of

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other culinary delights. These recipes are not limited to wild ingredients; they can be used with cultivated ingredients as well, purchased or homegrown. Many of the recipes can be made to accommodate various

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dietary restrictions: gluten-free, casein-free, dairy-free, grain-free, and sugar-free. Among those who will find the book valuable are the health-conscious members of the Weston A Price Foundation, ever

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**in search of nutrient-dense,
traditional whole foods. Slow
Food enthusiasts will appreciate
how focusing on ancient,
seasonal and unusual edibles.**

Make Ink

A seasonal guide to eating well

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**for your health and the planet
120 Wild and Flavorful Edibles
from Alaska Blueberries to Wild
Hazelnuts**

**Living the Christian Year
A Year of Gathering and
Arranging Wild Plants and**

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Flowers

**120 Wild and Flavorful Edibles
from Beach Plums to
Wineberries
Diet for a Sustainable
Ecosystem**

“Doug Deur invites us to

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discover the taste and history of the Northwest.” —Spencer B. Beebe, author of Cache and founder of Ecotrust The Pacific Northwest offers a veritable feast for foragers, and with Douglas Deur as your trusted guide you

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will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Pacific Northwest Foraging include clear, color photographs, identification tips, guidance on how to ethically

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harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in

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*Oregon, Washington, and
Alaska.*

*A thorough immersion in the art
of botanical drawing, this book is
sure to attract both aspiring and
more experienced artists seeking
scientific accuracy and the*

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illusion of 3-dimension in their botanical artwork.

Root to Stem is a seasonal guide to living a healthy, sustainable lifestyle by putting nature at the heart of our physical and mental wellbeing. The root to stem

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philosophy means using all of the plant, vegetable or herb, to maximise the health benefits found in the ingredient, whilst also simultaneously reducing your carbon footprint and the amount of food wastage. Set out

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in four chapters, Root to Stem shares each of the four seasons' celebrations and health challenges, which natural ingredients are available, simple delicious recipes and easy to make herbal remedies, plus

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steps for how to beautify and support the environment. It will also include tips for foraging, growing a kitchen pharmacy, movement and exercise, and creative ways to reconnect with others and nature. Root to Stem

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*is about discovery, pleasure,
traditions, celebration and -
ultimately - about how our eating
choices can actually help to
sustain the natural balance of
our world.*

We live in disruptive times. The

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world is changing faster than ever before, leaving people dazed, businesses struggling, economies floundering and societies fracturing. But why? Transition Point is the result of over five years of research to

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*establish the answer; a
breathtaking tale of freedom,
unintended consequences and
disruptive technologies that
starts 1000 years ago and ends
up in the second half of the 21st
Century. Starting with an*

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examination into the drivers of technological change and the social, economic and political factors that both enable or suppress it, Transition Point explains why industrialisation happened where and when it did,

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why progress comes in waves, and why the technologies in the current wave, such as robotics, blockchain and AI, are likely to be the most disruptive of all. It then addresses the million-dollar question: what's next? What

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impact will this wave have on our businesses, our economies and most importantly, on our society? Culey explores how our current trajectory could result in a new golden age, but also how it is just as likely to result in a digital

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dictatorship of compliance and constant surveillance. Finally, he explains why we may soon see Homo sapiens' role as the dominant species come to an end. As Klaus Schwab, founder of the World Economic Forum,

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stated; "We stand on the brink of a technological revolution that will fundamentally alter the way we live, work, and relate to one another. In its scale, scope, and complexity, the transformation will be unlike anything

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humankind has experienced before." Transition Point explains why this is happening, what it means, and why the decisions we make now will prove to be critical.

A Field Guide and Wild Food

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Cookbook

*The Ultimate Field Guide to
Evoke Curiosity and
Wonderment with More Than 80
Recipes and Foraging Tips
Botanical Drawing in Color
Botanical Drawing*

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*Western Civilization: Volume A:
To 1500*

Well Seasoned

Self Sufficiency Foraging

**A new approach to foraging Roger
Phillips is the legendary godfather
of foraging. Drawing upon**

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decades of experience, his knowledge of wild food is unrivalled and in this richly illustrated book he shares some of his most recently gathered wisdom, collected from around the world. Roger reveals the edible

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**and therapeutic secrets of our
fields, woodlands and flower beds,
and suggests tips for sourcing
delicious morsels growing
throughout the countryside and in
our gardens. He also describes the
native habitat and history of**

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**many fascinating plants and
fungi, both common and unusual:
from the camas bulbs eaten by the
Native Americans of the Pacific
Northwest, to the Italian and
Spanish favourite, Caesar's
amanita; from hostas, the**

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familiar garden foliage consumed as a succulent vegetable in Japan, to the newly popular Australian citrus fruits. The Worldwide Forager is divided into four sections: mushrooms and fungi; flowers, leaves and herbs; fruit

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**and nuts; and roots and tubers,
and Roger uses each one to
provide a wide range of ideas for
making your meals more
colourful, delicious and
sustainable.**

The classic foraging guide to over

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200 types of food that can be gathered and picked in the wild, Food for Free returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition.

What makes a man turn his back

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**on society? What makes him
return? For years a man calling
himself Will Power lived in near-
total isolation in northern New
South Wales, foraging for food,
eating bats and occasionally
trading for produce. But who was**

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**this mysterious man who roamed
the forest and knew all of its
secrets and riddles? Some people
thought he might be Jesus. Others
feared he was a more sinister
figure. The truth was that he was
neither miraculous nor**

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malevolent, but he was, most certainly, gifted. And when he finally emerged from the forest, emaciated and close to death, he was determined to reclaim his real name and ‘give society another chance’. Today, Dr Gregory Peel

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Smith, who left school at the age of fourteen, has a PhD and teaches in the Social Sciences at university. His profoundly touching and uplifting memoir is at once a unique insight into how far off track a life can go and

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**powerful reminder that we can all
find our way back if we pause for
a moment in the heart of the
forest.**

**In the fifth of the River Cottage
Handbook series, John Wright
reveals the rich pickings to be had**

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**on the seashore - and the team at
River Cottage explain how to cook
them to perfection. For the
forager, the seashore holds
surprising culinary potential. In
this authoritative, witty book
John Wright takes us on a trip to**

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**the seaside. But before
introducing us to the various
species to be harvested, he touches
on such practicalities as
conservation and the ethics of
foraging; safety from tides, rocks
and food poisoning; the law and**

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access to the shore, our right to fish, landing sizes and seasons; and equipment such as nets, pots and hooks. Next comes the nitty-gritty: all the main British seashore species that one might be tempted to eat. The conservation

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**status, taste and texture,
availability, seasonality, habitat,
collecting technique and biology
of each species is covered; there
are also quite a few gratuitous but
fascinating diversions. The species
covered include crustacea (brown**

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**shrimp, common crab, lobster,
prawn, shore crab, spider crab,
squat lobster, velvet swimming
crab); molluscs (clams, cockle, dog
whelk, limpet, mussel, oyster,
razor clam, winkle); mushrooms;
plants (alexanders, babbington's**

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**orache, fennel, frosted orache,
marsh samphire, perennial wall
rocket, rock samphire, sea beet,
sea buckthorn, sea holly, sea kale,
sea purslane, sea rocket, spear-
leaved orache, wild cabbage, wild
thyme); and seaweed (carragheen,**

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**dulse, gut weed, laver, pepper
dulse, sea lettuce, sugar kelp,
kelp). Finally, there are thirty
brilliant recipes. Introduced by
Hugh Fearnley-Whittingstall,
Edible Seashore is destined to join
the other handbooks in the series**

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**as an indispensable household
reference.**

Out of the Forest

The Worldwide Forager

A Delicious Life

Foraging and Feasting

Time to Inhabit the Story of God

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Fruit

**Exploring, Cooking and Eating
with the Seasons**

***Wild food and foraging. The
complete guide to seasonal
living with fantastic recipes
that make the most of***

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***Britain's seasonal
ingredients every month of
the year.***

***A gorgeous work of literary
journalism that follows a
nomadic family's fraught
migration to the high***

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***Himalayan plains, as a
changing world closes in
around them. Following his
vivid account of traveling
with one of the last camel
caravans on earth in Men of
Salt, Michael Benanav now***

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***brings us along on a journey
with a tribe of forest-
dwelling nomads in India.
Welcomed into a family of
nomadic water buffalo
herders, he joins them on
their annual spring***

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***migration into the
Himalayas. More than a
glimpse into an endangered
culture, this superb
adventure explores the
relationship between
humankind and wild lands,***

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***and the dubious effect of
environmental conservation
on peoples whose lives are
inseparably intertwined with
the natural world. The
migration Benanav
embarked upon was plagued***

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***with problems, as
government officials
threatened to ban this
nomadic family—and others
in the Van Gujjar tribe—from
the high alpine meadows
where they had summered***

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for centuries. Faced with the possibility that their beloved buffaloes would starve to death, and that their age-old way of life was doomed, the family charted a risky new course, which would

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***culminating in an
astonishing mountain
rescue. And Benanav was
arrested for documenting
the story of their plight.
Intimate and enthralling,
Himalaya Bound paints a***

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sublime picture of a rarely-seen world, revealing the hopes and fears, hardships and joys, of a people who wonder if there is still a place for them on this planet. Laced with stories of

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***tribal cultures from India to
Yellowstone, from Jordan to
Kenya, Benanav deftly
wends through the
controversial terrain where
Western ways of protecting
the environment clash with***

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***indigenous understandings
of nature. Himalaya Bound
celebrates and mourns an
ancient way of life, while
revealing an unlikely
battleground in the fight to
save the earth.***

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***In the seventh of the River
Cottage Handbook series,
John Wright explores the
culinary delights of the
British hedgerow.
Hedgerows, moors,
meadows and woods - these***

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hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to be found in the British

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***countryside, and how to
prepare and cook them.
First John touches on the
basics for the hedgerow
forager, with an introduction
to conservation, safety, the
law, and all the equipment***

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***that you may need. Next he
guides you through the
tasty edible species to be
found. Each one is
accompanied by
photographs for
identification, along with***

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***their conservation status,
habitat, distribution,
season, taste, texture and
cooking methods - not
forgetting, of course, some
fascinating asides and
diversions about their***

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***taxonomy and history. Fifty
species are covered,
including bilberries,
blackberries, raspberries,
common mallow, dandelions,
hedge garlic, horseradish,
pignuts, nettles, sloes,***

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***sweet chestnuts, water
mint, bulrushes and wild
cherries. After this there is a
section describing the
poisonous species to steer
clear of, with identifying
photographs as well as***

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***warnings about nasty
'lookalikes'. Finally, there
are thirty delicious recipes
to show how you can make
the most of your (edible)
findings. Introduced by
Hugh Fearnley-Whittingstall,***

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Hedgerow is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

“An invaluable guide for the

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***feast in the East.” —Hank
Shaw, author of the James
Beard Award-winning
website Hunter Angler
Gardener Cook The
Northeast offers a veritable
feast for foragers, and with***

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***Leda Meredith as your
trusted guide you will learn
how to safely find and
identify an abundance of
delicious wild plants. The
plant profiles in Northeast
Foraging include clear, color***

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***photographs, identification
tips, guidance on how to
ethically harvest, and
suggestions for eating and
preserving. A handy
seasonal planner details
which plants are available***

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during every season.

**Thorough, comprehensive,
and safe, this is a must-have
for foragers in New York,
Connecticut, Massachusetts,
Maine, New Hampshire,
Vermont, Pennsylvania, New**

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***Jersey, Delaware, and Rhode
Island.***

***Backyard Foraging
A Step-by-Step Guide to
Drawing and Painting
Flowers, Leaves, Fruit, and
More***

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***The Forager Chef's Book of
Flora***

***The Joy of Botanical Drawing
The Science for Recovering
the Health of the
Chesapeake Bay and its
People***

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***A Guide to Edible Seaweeds
and Delicious Recipes to
Cook with Them
Transition Point: From
Steam to the Singularity***

Christianization and Commonwealth in
Early Medieval Europe re-examines the

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alterations in Western European life that followed widespread conversion to Christianity-the phenomena traditionally termed "Christianization". It refocuses scholarly paradigms for Christianization around the development of mandatory rituals. One prominent ritual, Rogationtide supplies an ideal case study

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demonstrating a new paradigm of
"Christianization without religion."

Christianization in the Middle Ages was not a slow process through which a Christian system of religious beliefs and practices replaced an earlier pagan system. In the Middle Ages, religion did not exist in the sense of a fixed system of

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belief bounded off from other spheres of life. Rather, Christianization was primarily ritual performance. Being a Christian meant joining a local church community. After the fall of Rome, mandatory rituals such as Rogationtide arose to separate a Christian commonwealth from the pagans, heretics,

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and Jews outside it. A Latin West between the polis and the parish had its own institution-the Rogation procession-for organizing local communities. For medieval people, sectarian borders were often flexible and rituals served to demarcate these borders. Rogationtide is an ideal case study of this demarcation,

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because it was an emotionally powerful feast, which combined pageantry with doctrinal instruction, community formation, social ranking, devotional exercises, and bodily mortification. As a result, rival groups quarrelled over the holiday's meaning and procedure, sometimes violently, in order to reshape

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the local order and ban people and practices as non-Christian.

There's food growing everywhere! You'll be amazed by how many of the plants you see each day are actually nutritious edibles. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants

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typically found in urban and suburban neighborhoods. Full-color photographs make identification easy, while tips on common plant locations, pesticides, pollution, and dangerous flora make foraging as safe and simple as stepping into your own backyard.

This book explores a specific ecosystem in

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depth, in order to weave a story built on place and history. It incorporates the theme of a journey to help reveal the environment-human-health-food system-problem. While drawing on a historical approach stretching back to the American colonial era, it also incorporates more contemporary scientific findings. By

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crafting its story around a specific place, the book makes it easier for readers to relate to the content, and to subsequently use what they learn to better understand the role of food systems at the global scale.

"In this remarkable new cookbook, Bergo provides stories, photographs and

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inventive recipes."—Star Tribune As Seen on NBC's The Today Show! "With a passion for bringing a taste of the wild to the table, [Bergo's] inspiration for experimentation shows in his inventive dishes created around ingredients found in his own backyard."—Tastemade From root to flower—and featuring 180 recipes and

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over 230 of the author's own beautiful photographs—explore the edible plants we find all around us with the Forager Chef Alan Bergo as he breaks new culinary ground! In The Forager Chef's Book of Flora you'll find the exotic to the familiar—from Ramp Leaf Dumplings to Spruce Tip Panna Cotta to Crisp

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Fiddlehead Pickles—with Chef Bergo's unique blend of easy-to-follow instruction and out-of-this-world inspiration. Over the past fifteen years, Minnesota chef Alan Bergo has become one of America's most exciting and resourceful culinary voices, with millions seeking his guidance through his wildly popular website and video

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tutorials. Bergo's inventive culinary style is defined by his encyclopedic curiosity, and his abiding, root-to-flower passion for both wild and cultivated plants. Instead of waiting for fall squash to ripen, Bergo eagerly harvests their early shoots, flowers, and young greens—taking a holistic approach to cooking with all parts

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of the plant, and discovering extraordinary new flavors and textures along the way. The Forager Chef's Book of Flora demonstrates how understanding the different properties and growing phases of roots, stems, leaves, and seeds can inform your preparation of something like the head of an immature sunflower—as

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well as the lesser-used parts of common vegetables, like broccoli or eggplant. As a society, we've forgotten this type of old-school knowledge, including many brilliant culinary techniques that were borne of thrift and necessity. For our own sake, and that of our planet, it's time we remembered. And in the process, we can

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unlock new flavors from the abundant landscape around us. "[An] excellent debut. . . . Advocating that plants are edible in their entirety is one thing, but this [book] delivers the delectable means to prove it."—Publishers Weekly "Alan Bergo was foraging in the Midwest way before it was trendy."—Outside Magazine

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Local Bounty of the Pacific Northwest
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One intrepid cook's exploration
of her urban terrain In this
groundbreaking collection of
nearly 500 wild food recipes,
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forager, cook, kitchen gardener,

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and writer Marie Viljoen

incorporates wild ingredients into
everyday and special occasion
fare. Motivated by a hunger for
new flavors and working with
thirty-six versatile wild
plants--some increasingly found

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in farmers markets--she offers deliciously compelling recipes for everything from cocktails and snacks to appetizers, entrées, and desserts, as well as bakes, breads, preserves, sauces, syrups, ferments, spices, and

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salts. From underexplored native flavors like bayberry and spicebush to accessible ecological threats like Japanese knotweed and mugwort, Viljoen presents hundreds of recipes unprecedented in scope. They

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range from simple quickweed
griddle cakes with American
burnweed butter to sophisticated
dishes like a soufflé ed tomato
roulade stuffed with garlic
mustard, or scallops seared with
sweet white clover, cattail pollen,

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and sweetfern butter. Viljoen makes unfamiliar ingredients familiar by treating each to a thorough culinary examination, allowing readers to grasp every plant's character and inflection. Forage, Harvest,

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Feast--featuring hundreds of color photographs as well as cultivation tips for plants easily grown at home--is destined to become a standard reference for any cook wanting to transform wildcrafted ingredients into

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exceptional dishes, spices, and drinks. Eating wild food, Viljoen reminds us, is a radical act of remembering and honoring our shared heritage. Led by a quest for exceptional flavor and ecologically sound harvesting,

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she tames the feral kitchen,
making it recognizable and
welcoming to regular cooks.

Anthropology is the study of all
humans in all times in all places.
But it is so much more than that.
"Anthropology requires strength,

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valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. ... It teaches students not to be afraid of getting one's

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hands dirty, to get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic profession." What is the payoff for this heroic journey? You will find ideas that can carry you

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across rivers of doubt and over mountains of fear to find the the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from

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your brow, and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell

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us about the art of being human.
This special first draft edition is a
loose framework for more and
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and writings. It serves as a
companion to anth101.com, a
free and open resource for

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instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

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66 Square Feet

A Tale of Technological
Revolutions, Human Evolution
and the Potential for a Utopian or
Dystopian Future
Foraged Flora

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Tales from a Forager's Kitchen

The Lunch Bucket

Hedgerow

A fun, informative guide to safely foraging with kids—featuring beautiful illustrations, plant facts and profiles, and 50 family

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projects for making the most of your wild edibles In today's world of increasingly sedentary lifestyles and a growing detachment from the food that we eat, it has never been more important to encourage children to put down their screens,

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get outside, and engage with the natural world around them.

Foraging with Kids is a fun, practical book for parents and their children that encourages families to interact with their environment and gain a practical

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understanding of the natural world through exploration and play. Featuring projects based around 50 easy-to-identify plants common in parks, forests, and hedgerows worldwide, Foraging with Kids makes the challenge of

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discovering functional flora just as achievable to those who live in the city as in the countryside. Once they have foraged their plants, children will be amazed by the diverse practical uses of their discoveries—from making soap

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from conkers or setting a delicious egg-free custard with plantain, to stopping minor cuts from bleeding with hedge woundwort. Children will take great pride in seeing their gatherings forming part of the family meal, and parents will be

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amazed at how even the most vegetable-averse child will develop an enthusiastic appetite for a meal that they have contributed to. Featuring beautiful hand drawings, essential information on plant facts and identification, and a

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diverse range of engaging family projects, this is the perfect book for anyone who wants their children to get outside, connect with nature, and have a lot of fun in the process.

A prophetic call to repentance, The

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Lunch Bucket is about a deeply troubled and socially alienated family who struggle to make ends meet with little success until a respected member of the community intervenes to offer support. The result of an

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encounter with malicious intent, the heroine of the story, Rebekah births twin sons. Jacob, who resembles Rebekah's adored father becomes her golden child, while Esau, the other one, is anything but. In explicit detail,

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graphically compelling and metaphorically alive, The Lunch Bucket is a disturbing and somber account of how predators exploit the most vulnerable in society without repercussion, and how God takes the most revolting in

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society under his care. Whether you believe in God, divine destiny and evil in man, demons or the devil, you will be caught up in the spiritual maelstrom in the lives of each of these tortured personalities, and witness a

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transformation of character
through a convoluted path to life,
that can only happen through the
crucible of God, reforming his
children into his will.

Arranged as a directory of
categories - wild plants, herbs,

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fruits, nuts, mushrooms, seaweeds and shellfish - this book provides guidance on identifying a wholesome and natural food store, all for free.

This vegetable-forward cookbook celebrates the bounty of the

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Pacific Northwest with more than 100 original recipes perfect for home cooks of all stripes. Simply delicious, healthy “vegetable-forward” recipes are at the heart of this cookbook that highlights seasonal ingredients of the PNW.

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From simple weeknight meals to on-the-go snacks and sweet-tooth satisfying desserts, this book gives you over 100 ways to celebrate seasonal produce, with recipes like Sweet Corn and Red Lentil Soup, Baked Pasta and Greens

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Casserole, Cherry Fro-Yo, and more. Vegetarians and omnivores alike will be eager to eat their vegetables, and the convenient gluten-free and dairy-free symbols make navigating the book a breeze for reader with dietary

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restrictions.

Cooking with Wild Edibles

River Cottage Handbook

Earthly Bodies & Heavenly Hair

A Forager's Guide to Natural

Inkmaking

A Year of Foraging in the British

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Isles Autumn/Sep-Nov

Food for Free

Food You Can Forage

Connect with the earth and
explore the outdoors with this
enchanted cookbook from Fox
Meets Bear blogger Johnna

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Holmgren. We forget that there is magic in food. We 've lost an appreciation for how the ingredients we use came to be, how they grew, and where they were cultivated. In short, we 've lost an appreciation for the earth.

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But Johnna Holmgren is here to restore that appreciation and help us create an adventurous spirit both in and out of the kitchen. She ' s someone who goes straight to the woods behind her home for mushrooms

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and syrup and heads to her garden for tomatoes and fruits. Her cookbook is more than just a book—it's an escape to another realm, a retreat into nature, and a taste of the life she lives. It brings the woods to a city loft

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and to the aisles of suburban supermarkets, with more than 80 unique recipes like floured elderflower quiche, wild blueberry bee pollen scones, garlic scape wreath pasta, and a frothed reishi mushroom latte.

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Intertwined with photographs of foraging experiments, lush forest scenes, and whimsical illustrations, it will inspire you to form a bond with the earth and the world around you.

Shows us, through abundant and

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lush photography, how beauty is all around us in the world. With 12 chapters, each dedicated to a month in the year, the book guides readers in how to use local flowers, branches, and plants found in nature--or just our

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backyards--to create spectacular and unusual arrangements, both big and small. In addition to hundreds of process photos, finished arrangements, details, and landscapes, there are tips on arranging, information about

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the plants, and thoughts on our connection to the natural world.

--Publisher's description.

Bobby Gross presents chapters on each season of the liturgical year, accompanied by weekly devotions based on the Sunday

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readings of the lectionary cycle. His book offers a flexible weekly format, designed to let you break the devotions down any way you want to.

“The pigments he concocts from these humble beginnings are as

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fun to make as they are eye-opening to work with . . . the world never quite looks the same.” –MarthaStewart.com A 2018 Best Book of the Year–The Guardian The Toronto Ink Company was

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founded in 2014 by designer and artist Jason Logan as a citizen science experiment to make eco-friendly, urban ink from street-harvested pigments. In *Make Ink*, Logan delves into the history of inkmaking and the science of

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distilling pigment from the natural world. Readers will learn how to forage for materials such as soot, rust, cigarette butts, peach pits, and black walnut, then how to mix, test, and transform these ingredients into rich, vibrant inks

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that are sensitive to both place and environment. Organized by color, and featuring lovely minimalist photography throughout, Make Ink combines science, art, and craft to instill the basics of ink making and

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demonstrate the beauty and necessity of engaging with one of mankind ' s oldest tools of communication. “ Logan demystifies the process, encouraging experimentation and taking a fresh look at urban

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environments.” –NPR “The book is full of inspiration and takes a lot of the mystery out of ink making, at least at its simplest level. And it also reminds me why I love ink—any ink or liquid color as much as I

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do.” –The Well-Appointed Desk

“Quite a few recipes . . . that use color from the kitchen: carrots, black beans, blueberries, turmeric, and onion skins all make beautiful ink colors.”

–Design Observer “Make Ink

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opens up about methods,
providing an open source guide
to DIY ink.” –CityLab

The Forager's Pantry

Forage, Harvest, Feast

Wild Food Foraging in Cornwall
and the Isles of Scilly

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The Seaweed Cookbook

A Ritual Interpretation

Western Civilization

52 Wild and Free Edibles to

Enjoy with Your Children

***This book allows you to replace
harsh chemicals, dyes and***

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perfumes with pure, simple ingredients that are gentle to your body. The information and formulas contained in this book will equip you to start creating your own natural body care products.

"Botanical Drawing, A Beginner's

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***Guide" and Botanical Drawing
Sketchbooks" use a unique spiral
binding that allows you to open
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paper. You can purchase re-fills
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lb. hot pressed water color paper
to use with both books.Once you***

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have practiced in the Beginner's Guide with the paper in the book, I recommend you purchase the hot pressed watercolor paper to use for the color exercises. You can put the watercolor paper right inside the book and re-do the exercises on the good

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paper! In the Sketchbooks you can take out finished work and put in new blank paper to continue re-using the sketchbook without having to get a new sketchbook or cut your finished art out of this book. You can also take out the sketch pages to display and

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then return them to the book!

***A directory of edible seaweeds
and 100 nutritious, delicious
recipes from the Cornish
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***A gorgeous, easy-to-follow, and
inspiring guide to stunningly
realistic botanical drawing that***

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covers everything you need to draw our natural world. Achieve amazingly realistic and vibrant botanical illustrations, from flowers so dazzling you feel as if you might be able to smell them, to tomatoes that look as if they've just been picked from the garden.

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Wendy Hollender is known for her vivid, detailed, and inspiring illustrations and in The Joy of Botanical Drawing, she helps you take your art to the next level by sharing her perfected techniques through short lessons that start simple, then build on the basics

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with easy-to-use and clear step-by-step illustrations. Using colored pencils and watercolor pencils, Hollender shows you how to accomplish scientifically accurate botanical portraits of a spiraling pine cone, a spiky chestnut, a fuchsia-tined radish, a graceful

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*morning glory, and many more.
From colorful leaves to delicate
petals to textured bark and
slender stems, The Joy of
Botanical Drawing will give you
the skills to complete lifelike
drawings while also enjoying
nature and the mindfulness of a*

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regular drawing practice.

Edible Seashore

A Beginner's Guide

Pacific Northwest Foraging

***Edible Plants to Harvest, Cook
and Enjoy***

***Western Civilization: Volume I:
To 1715***

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***Himalaya Bound: One Family's
Quest to Save Their Animals--And
an Ancient Way of Life
Recipes and Techniques for
Edible Plants from Garden, Field,
and Forest***

**When you know where to look, each
season Nature provides a generous**

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spread of tasty treats ripe for the picking. Foraging can be an adventure for the entire family, and Food You Can Forage is packed with photos, illustrations and useful information to help you identify and find food in the wild, as well as delicious recipes to try with your finds. In this book, Tiffany

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Francis explores a range of habitats, revealing why plants grow where they do and which other living things live there too. Tiffany offers tips to help make the most of time spent outdoors wherever you are, and her delightful text also explains everything from the birds to look out for along the coast to

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which bumblebees you're most likely to spot on your local heathland. Whether you prefer to avoid eating overly processed foods or just enjoy spending time outdoors with your family, knowing how to ethically source food for free in the wild is a valuable and fun skill that anyone can learn.

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**Natural and Healthy Personal Care for
Every Body**

The Art of Being Human

Foraging with Kids

The true story of a recluse

65 Familiar Plants You Didn't Know

You Could Eat

Never Mind the Burdocks

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