



Southern California Food Plants: Wild Edibles of the Valleys, Foothills, Coast, and Beyond

Charles W. Kane

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Best serving as an introduction to the wild/non domesticated (or domesticated yet feral) edible plant life of SoCal, readers will find Southern California Food Plants to be a much needed addition to a subject that continues to grow in interest and pertinence. Inhabitants of the greater Los Angeles to San Diego metro areas, then east to Palm Springs/the California state line, whom take outer urban excursions will surely benefit most from this guide. Essentially: throw this booklet into a backpack or glove box, head for the hills, and discover what wild plants can be consumed during times of leisure or necessity.

- Covering 50 wild southern California food plants
- Edible uses are fully explored: preparation & utilization
- Range & habitat are discussed assisting in identification
- County by county maps & nearly 100 color photographs
- Both common & scientific names
- Concise synopsis of medicinal uses
- Cautions list look-alike plants & toxicity concerns
- Special notes include useful extras & important tidbits.

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