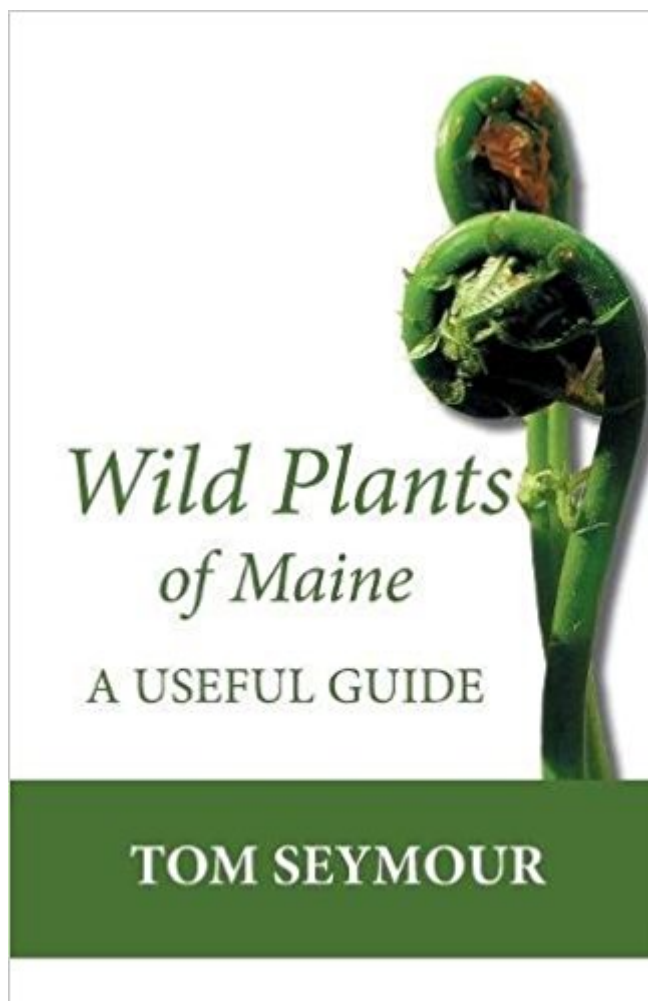


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# Wild Plants Of Maine: A Useful Guide



## Synopsis

In this edition of *Wild Plants of Maine*, Tom Seymour has added several new wild plants, more mushrooms and some exciting new recipes to the bountiful harvest that Tom Seymour leads us to discover in Maine. From insect repellent to table fare to a relaxing wintergreen tea, Seymour identifies the source and describes the method of preparing wild plant concoctions and foods. Any person living in or visiting Maine should have *Wild Plants of Maine* to ensure the enjoyment of our great Maine outdoors. From the shore to the forest and from the first green of spring to the snowiest winter day, join the "best guide of all" as Seymour enjoys Maine "wilds." About the Author: An avid writer as well as a naturalist, Seymour writes four regular columns and a multitude of features including his popular "Maine Wildlife" for *The Maine Sportsman Magazine*. Seymour's other credits include articles in *Fur-Fish-Game*, *Maine Fish and Wildlife*, *Backpacker Magazine*, *Northern Woodlands People, Places, Plants* and *Maine Food & Lifestyle Magazine*, among others. Seymour wrote a long-running, award-winning column "Waldo County Outdoors" for *The Republican Journal (TRP)*. He writes a garden column for *Courier Publications* and opinion pieces for TRP. Seymour wrote *Hiking Maine*, *Fishing Maine*, *Foraging New England*, *Birding Maine* and *Nuts and Berries of New England*-for *Globe Pequot Press (GPP)* and *Wild Plants of Maine: A Useful Guide, Hidden World Revealed: Musings of a Maine Naturalist* and his *Forager's Notebook* for *Just Write Books*. He also edits *Maine Off the Beaten Path* for GPP. He lives in a small cabin in Waldo, Maine.

## Book Information

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## Customer Reviews

I recently took a wild edibles class here in Maine and wished I had some better photos and descriptions to find and reference the plants I learned about at home. I was so pleased to find so many of them in this book. I also really like how the book is organized by season so you have a better idea when to look for and harvest the plants. Fantastic book!

Excellent book. I took it outside with me to identify plants in and around my yard for "edibility." Great photos. It is very useful that he broke up this book into "seasons" so that a person knows what to expect during any given time and can plan ahead. He also states the best way to enjoy your wild harvest. I do, however, recommend using yet another field guide while using THIS book because it is helpful to have several different photos/descriptions for positive identification.

I have looked at the book and it seem to be just what I wanted. Lots of good info eating in the wild.

The best book I have found on edible and medicinal plants in New England.

This is the most outstanding book I have ever purchased for plant identification! I am able to make my own teas and pick my own organic veggies. Tom Seymour I love you. Thankyou. Beautifully written.

Want to forage for your own food? This will show you very helpful ways to identify food in nature... specific to the state of Maine.

Great reference book if you love Maine and foraging around the woods and coastline! Highly recommend

Looking forward to applying the helpful information in this book on my property and throughout Maine.

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