
Edible Wild Mushrooms Of North America A Field To Kitchen Guide Publisher University Of Texas Press

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Washington State Personal Use Mushroom Harvesting Rules as ...

Personal consumption: The recreational harvest, possession, or transport of edible plants and edible fruiting bodies including, but not limited to, mushrooms, berries, and nuts, is allowed up to an amount of two gallons per person per day, unless otherwise posted at the park The harvest amount may be comprised of one or more species The

Medical Guide for Wilderness Survival

Watercress is a highly nutritious wild edible, packed with nearly every beneficial vitamin and mineral you need It is also a source of antioxidants, protein, carbohydrates, and fiber Look for watercress around fresh springs It prefers the shallower areas in the running water It is a bright green plant that tends to grow right in the water The