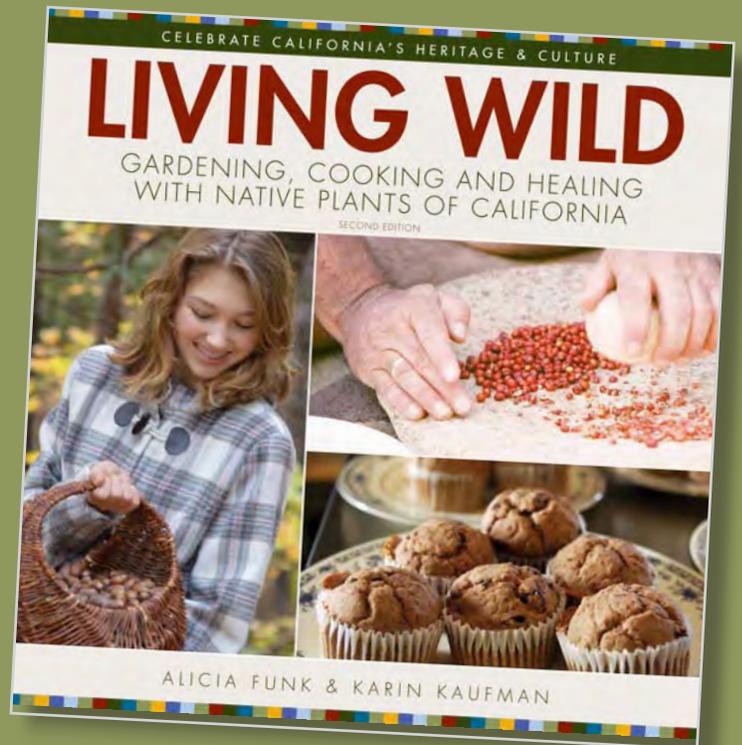


LIVING WILD

GARDENING, COOKING AND HEALING
WITH NATIVE PLANTS OF CALIFORNIA

An invitation to celebrate California's heritage and culture weaves through LIVING WILD, an essential guide to the uses of native plants. This expanded 2ND edition offers a deep awareness of the landscape with advice on cultivating more than 100 native plant species and enjoying this natural abundance for sustainable wild food cuisine and herbal medicine remedies. LIVING WILD is the only sourcebook that provides a simple path to fundamentally shift the way we eat, garden and heal.



Milkweed



Manzanita Muffins



Kitkitdizze



Hen Basket



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*Nature is not a place to visit.
It is home.*

— Gary Snyder

100% of LIVING WILD book profits go to support the California Native Plant Society, www.cnps.org.



LIVING WILD



Lupine



Incense Cedar



Western Chokecherry



California Bay Laurel



"Just strolling through the woods or your backyard becomes a culinary and artistic adventure, providing food, art and medicine for family and friends."

Elizabeth Martin
Chief Executive Officer, The Sierra Fund

"Learning how to responsibly use wild plants deepens my understanding of how I depend on nature, encouraging me to become a better steward to the systems that give me breath."

John Muir Laws
The Laws Field Guide to the Sierra Nevada

"The need to interact with native, wild plants to heal, feed, shelter, and clothe us is ancient. LIVING WILD helps us to reclaim our plant gathering heritage and in the process, to go a long ways towards mending the false gulf between humans and the natural world"

M. Kat Anderson, Ph.D., UC Davis
Tending the Wild

"This beautiful book makes us deeply thankful for the diverse bounty that we share every time we step into wild California."

Dan Gluesenkamp, Ph.D.
Executive Director
California Native Plant Society