



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Dr. Levy's Recommended Reading Foraging

Ahusaka, Lomasi. *Edible Wild Plants Foraging for Beginners: Learn How to Identify Safely and Harvest Nature's Green Gifts in the Pacific Northwest, Midwest, and Southeast Territories*. Top Notch International LTD, 2022.

Althea Press. *Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started*. Althea Press, 2013.

Apelian, Nancy Ph.D. *The Forager's Guide to Wild Foods*. Global Brother, 2021.

Boutenko, Sergei. *Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes*. North Atlantic Books, 2013.

Connoley, Rob and Hemphill, Jay. *Acorns & Cattails: A Modern Foraging Cookbook of Forest, Farm & Field*. Skyhorse, 2016.

Dykeman, Peter and Elias, Thomas. *Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods*. Union Square & Co., 2009.

Green, Livia. *The Seed Saving Bible: 5 Books in 1: A Guide to Discover the Techniques of Saving Seeds for Longer Period of Time Without Any Hesitation During the Crisis*. Self Published, 2022.

Hiding, Lesley. *The Prepper's Ultimate Forager's Bible: Identify, Harvest, and Prepare Edible Wild Plants to Be Ready Even in the Most Critical Situation (The Prepper's Ultimate Bibles)*. Self Published, 2022.

Jordan, Deane. *Eat the Weeds: A Forager's Guide to Identifying and Harvesting 295 Wild Foods Edition Details*. Adventure Publications, 2023.

Levy, Susan. *Edible Wild "Weeds"*. Natural Solutions, 2018.

Meredith, Leda. *The Skillful Forager: Essential Techniques for Responsible Foraging and Making the Most of Your Wild Edibles*. Roost Books, 2019.



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Moore, Michael. *Medicinal Plants of the Mountain West*. Museum of New Mexico Press, 2003.

Shufer, Vickie. *The Everything Guide to Foraging: Identifying, Harvesting, and Cooking Nature's Wild Fruits and Vegetables*. Everything, 2011.

Smith, John. *Book: The Reading Thing*. New York: St. Schwarzenegger Press, 1995.

Tatum, Billy Joe. *Billy Joe Tatum's Wild Foods Field Guide and Cookbook*. Workman Publishing Company, 1985.

Thayer, Samuel. *Nature's Garden: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*. Foragers Harvest Press, 2010.

Thayer, Samuel. *Incredible Wild Edibles*. Foragers Harvest Press, 2017.

Warnock, Caleb. *437 Edible Wild Plants of the Rocky Mountain West: Berries, Roots, Nuts, Greens, Flowers, and Seeds*. Familius, 2018.

Wiles, Briana. *Mountain States Medicinal Plants: Identify, Harvest, and Use 100 Wild Herbs for Health and Wellness*. Timber Press, 2018.