



Essen aus der Natur: Kräuter, Beeren, Pilze sammeln und verwenden (German Edition)

Michael Breckwoldt

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Selber sammeln und natürlich genießen. Viele essbaren Pflanzen muss man nicht anbauen, um sie zu genießen - man geht einfach raus und sammelt sie. Das macht richtig Spaß, denn im Wald und am Wegrand ist eine Menge zu entdecken. Mit diesem Ratgeber wird das Sammeln ganz einfach: Aussagekräftige Fotos sowie exakte Beschreibungen der Früchte, Kräuter und Pilze machen das Erkennen leicht. Und natürlich gibt es viele Rezeptideen zum Nachkochen.

- Ausführliche Porträts der gängigsten essbaren Wildpflanzen mit Fotos als Bestimmungshilfe
- Mit einem Sammelzeitkalender und einer Fülle von Tipps fürs Sammeln und Haltbarmachen
- Ein Extra zeigt, wie Sie die Pflanzen auch im Garten anbauen können

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