

## Foraging with Kids: 52 Wild and Free Edibles to Enjoy With Your Children by Adele Nozedar

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### Foraging with Kids: 52 Wild and Free Edibles to Enjoy With Your Children Book Content Preview:

A fun, informative and practical introduction to safely foraging with kids, from the UK's bestselling foraging author. In today's world of increasingly sedentary lifestyles and a growing detachment from the food that we eat, it has never been more important to encourage children to put down their screens, get outside and engage with the natural world around them. Foraging with Kids is a fun, practical book for parents to work through with their children that encourages families to interact with their environment and gain knowledge and practical understanding of the natural world through exploration and play. The projects are based around 50 easy-to-identify plants that are abundant in parks, forests and hedgerows worldwide, making the challenge of discovering functional flora just as achievable to those who live in the city as in the countryside. Once they have foraged their plants, children will be amazed by the diverse practical uses that they can set them to; from making soap from conkers or setting a delicious egg-free custard with plantain, to stopping minor cuts from bleeding with hedge woundwort. Children will take great pride in seeing their gatherings forming part of the family meal and parents will be amazed at how even the most vegetable-averse child will develop an enthusiastic appetite for a meal that they have contributed to. Illustrated throughout with beautiful hand drawings and with essential information on plant facts and identification, as well as a diverse range of engaging, practical projects that the whole family will want to get involved with, this is the perfect book for anyone who wants the children under their care to get outside, connect with nature and have a lot of fun in the process.

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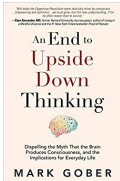
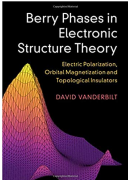
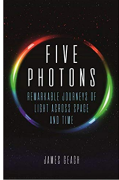
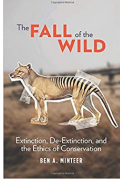
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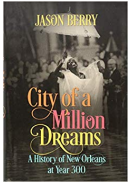
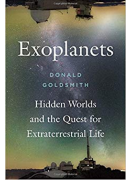
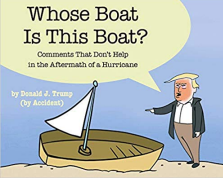
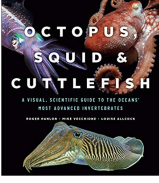
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