



# Edible Plants: An inspirational guide to choosing and growing unusual edible plants

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There are over 20,000 species of edible plants in the world yet fewer than 20 species now provide 90% of our food. However, there are hundreds of less well-known edible plants from all around the world that are both delicious and nutritious. It is our belief that plants can provide people with the majority of their needs, in a way that cares for the planet's health. A wide range of plants can be grown to produce all our food needs and many other commodities, whilst also providing a diversity of habitats for our native flora and fauna. This book describes and provides advice on growing some of the lesser known and unusual edible plants, with an emphasis on perennials. Information includes: Alternative Fruits and Root Crops, Edible Leaves, Edible Flowers, Winter Salads, Staple Seed Crops and Useful Weeds.

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