



## Letting in the Wild Edges

*Glennie Kindred*

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# **Letting in the Wild Edges**

*Glennie Kindred*

## **Letting in the Wild Edges** Glennie Kindred

In this beautifully illustrated book, Glennie Kindred inspires us to celebrate the bounties of our wild native plants and find a richer relationship with the natural world around us.

Season by season, we are shown how to grow and manage native edible and medicinal plants in our gardens or on the wild edges of the land. Included are foraging tips and many recipes for making kitchen medicines and delicious food from our finds.

By letting the wild native plants into our lives, Glennie helps us reconnect with our rich herbal heritage and enter into a new relationship with our local environment. She encourages us to forage, grow, and eat our edible natives, season by season, and also to strengthen our health with their healing properties.

She explores many different ways to mark and celebrate the seasons, especially outside on the land, which support our ability to adapt and grow for the benefit of the Earth and ourselves.

This is a practical, optimistic and inspirational treasure trove for a more creative, integrated, self-reliant future.

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