



How to Eat in the Woods: A Complete Guide to Foraging, Trapping, Fishing, and Finding Sustenance in the Wild

Bradford Angier

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A comprehensive, practical, and reliable guide to finding food in the woods and living off the land, by respected wilderness survivalists.

With text by wilderness survivalists, the information in *How to Eat in the Woods* is tried, trusted, and true. One of the most complete books written on the subject, this portable guide includes essential information on how to track, trap, kill, and prepare various types of animals; select bait, land fish, and clean and cook the catch; recognize edible plants, fruits, berries, and nuts; locate bird eggs; catch edible insects; and find potable water. Also included is information on building a fire and preparing food without utensils.

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