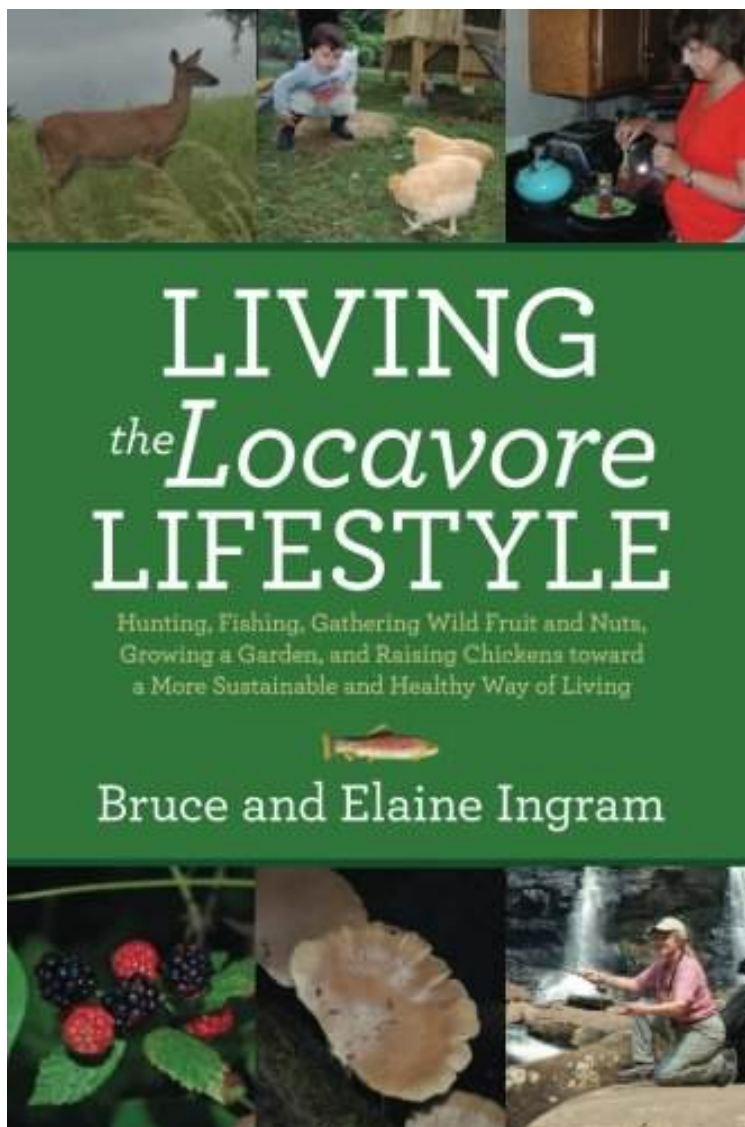




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0 of 0 review helpful Super By Debra This book is very well written and full of great info and delightful stories It makes me eager to get to my own land I can hardly wait to read more of Bruce Ingram s books Award winning outdoor writer Bruce Ingram and his wife Elaine explain how they have enjoyed a healthy diet and lifestyle for many years by hunting fishing raising heritage chickens growing fruits and vegetables and foraging in the forests around their Southwest Virginia home In a series of 25 explanatory chapters the Ingrams show how to hunt field dress and prepare wild game ranging from deer to wild turkeys to squirrels and rabbits how to catch bass trout a About the Author Bruce and Elaine Ingram live on 38 acres near Troutville in Botetourt County Virginia They write wild game food columns jointly and Bruce is the author of fishing and paddling guides to several major Virginia rivers including the James the

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