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The Cactus
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Eaters How
Found Myself On
I Lost My
Pacific Crest Trail
Dan White
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Dan White
Lost My Mind -
and Almost Found

...

THE CACTUS
EATERS is an
engaging
testament to
what an
individual can

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*accomplish given
sufficient
motivation and
too much free
time. In its
paperback
format, it might
even be compact
and light enough
to toss in the
backpack for the
3,000-mile
Continental
Divide Trail.*

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Found Myself On
Pacific Crest Trail

Dan White |

*Author of Under
the Stars*

*If you want to
eat the pads of
a prickly pear
cactus, make
sure to wear
heavy gloves or
use tongs when
you handle them,
as the spines
can prick you.*

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How I Lost My

Using a vegetable peeler or paring knife, remove both the large spines on the pads, as well as the tinier ones that might be hard to see. Once the spines are removed, rinse the pads in cool water.

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Dan White

*(Author of The
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later.*

*7 Surprising
Health Benefits
Of Eating Cactus*
“Dan White

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Found Myself On
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Dan White

*forges miles
past travelogue
to carve a
poignant,
uproarious, and
deeply
compelling love
story between
man, woman, and
the land
between. The
Cactus Eaters is
as impressive
and enjoyable as*

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*How I Lost My
Mind And Almost
Found Myself On
Pacific Crest Trail*
Author of
*Dan White
Honeymoon with
My Brother.*

*Game Of Thorns:
Eating a cactus
| Rare Humor
I wanted to
start my life
over by tracking*

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*bears through
the Cascades and
washing my face
in a stream
spilling off a t
housand-year-old
glacier," Dan
White writes in
"The Cactus
Eaters," a ...*

*Cactus Eating
-Desert*

*Survival- Food &
Page 15/43*

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think The Cactus
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Myself On The
Pacific Cr Low
Price is very
good for you. We
welcome you to
our The Cactus
Eaters How I
Lost My Mind And
Almost ...*

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THE CACTUS
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*EATERS is an
engaging
testament to
what an
individual can
accomplish given
sufficient
motivation and
too much free*

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Found Myself On
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Dan White*

*time. In its
paperback
format, it might
even be compact
and light enough
to toss in the
backpack for the
3,000-mile
Continental
Divide Trail.*

*2 Easy Ways to
Eat Prickly Pear
Cactus (with*

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Found Myself on
the Pacific
Coast Trail,
Brief article,
Book review) by
"California

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How I Lost My
Bookwatch";
Literature,
writing, book
reviews Books
Book reviews
Dan White

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enjoyable book -
SFGate

The Pacific
Crest Trail
stretches from
Mexico to

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How I Lost My
Canada, a
Mind And Almost
distance of
2,650 grueling,
sun-scorched,
Pacific Crest Trail
bear-infested
Dan White
miles. When Dan
White and his
girlfriend
announced their
intention to
hike it, Dan's
parents—among
others—thought
they were nuts.

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The Pacific Crest Trail
How I Lost My
Mind—and ...

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by Dan White.
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Crest Trail
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Mexico to
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distance of
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2,650 grueling,
sun-scorched,
bear-infested
Dan White
miles. When Dan
White and his
girlfriend...
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The Cactus
Eaters - Dan
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How I Lost My

White -

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Opuntia produces
several types of
edibles. The

fruits are

delicious in

jams and

jellies. But can

you eat cactus

pads? Yes, the

broad, succulent

pads can be

eaten raw or

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How I Lost My
Mind And Almost
Found Myself On
Pacific Crest Trail
Dan White

*cooked. You just
need to know how
to pick cactus
pads and how to
prepare them.*

*This article
will help.*

*Are Cacti
Edible? (5 Types
Of Cactus You
Can Eat) -
CactusCare
Learn how to*

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How I Lost My
Mind And Almost
Found Myself On
Pacific Coast Trail
Dan White

*easily prepare
and eat the
wonderful
prickly pear
cactus, also
known as Nopal.
The prickly pear
cactus is
nutritious with
many health
benefits and is
used in a
variety of
beauty products.*

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How I Lost My
Mind And Almost

*The Cactus
Eaters: How I
Lost My Mind and
Almost Found ...*
Dan White

*Cactus Eaters is
one of the very
best I have
read, comparable
to A Walk In the
Woods. I love
White's humor,
use of unusual
language and*

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How I Lost My
terms, open and
Mind And Almost
honest
descriptions, On
Pacific Great Trail
and coverage of
the
Dan White
psychological
aftermath of a
through-hike.

*P. S. : The
Cactus Eaters :
How I Lost My
Mind - And
Almost ...*

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How I Lost My

*Cactus is
incredibly*

useful, some can

even supply a

tasty treat or

moisture. If you

plan on foraging

cactus, make

sure you have

positively

identified your

regional

varieties so

that protected

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or ...
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The Cactus
Eaters by Dan
White .
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(Rakuten ...
Eating Barrel
cactus. In
addition to
being eaten raw,
the barrel
cactus fruit can
also be cooked.

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The seeds can be removed, dried, and toasted.

They are a great addition to

bread, yogurt, and granola. To remove the

seeds, simply cut the fruit in half. Let the seeds dry in place for one to three days, then

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How I Lost My
Mind And Almost
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Pacific Crest Trail

*remove them with
a spoon and dry
roast ...*

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...
Dan White*

*Dan White is the
author of The
Cactus Eaters:
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Mind and Almost*

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*How I Lost My
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Found Myself On
Crest Trail, an
NCIBA bestseller
and Los Angeles
Times*

*"Discovery"
selection. He
has taught
composition at
Columbia
University and
San Jose State.*

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*The Cactus
Eaters is as
impressive and
enjoyable as the
ground it
covers.' ,
"Drawing on
diaries he kept
at the time,
White polishes*

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How I Lost My
up these
Mind And Almost
memories,
Found Myself On
serving them
Pacific Crest Trail
forth with brio
and dashâ Š [The
Dan White
Cactus Eaters]
brings a fresh
perspective to
the timeworn
adventure-travel
genre."

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7 Surprising
Health Benefits
Of Eating
Pacific Crest Trail
Cactus.

Dan White
Surprisingly,
this prickly
food is one of
the healthiest
things you can
include in your
daily diet, for
it is rich in
vitamins and

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How I Lost My
nutrients while
Mind And Almost
also serving a
Found Myself On
lot of
Pacific Crest Trail
additional
benefits.

Dan White
Nopales (the
cactus leaf,
scientifically
called *Opuntia*)
is a food staple
in Latin America
served mostly
with eggs, and
salads because

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*The Cactus
Eaters: How I
Lost My Mind-*

*And Almost Found
...*

*The Cactus
Eaters by Dan
White, is a
narrative of
sorts, a memoir
of his time*

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*How I Lost My
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drudgery of
Dan White
through hiking a
national scenic
trail and the
struggle of man
and nature.

*Can You Eat
Cactus Pads: How
And When To*

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*How I Lost My
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Found Myself On*

*Dan White is the
author of The Trail
Cactus Eaters:
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Found Myself on
the Pacific
Crest Trail, a
NCIBA bestseller
and Los Angeles
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"Discovery"

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Mind And Almost
has taught
Found Myself On
composition at
Columbia Crest Trail
University and
Dan White
San Jose State.
He is a former
contributing
editor of
Catamaran
Literary Reader
and received his
MFA from
Columbia*

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