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# The Forager's Feast: How To Identify, Gather, And Prepare Wild Edibles (Countryman Know How)



## Synopsis

A field guide/cookbook for foraging enthusiasts. Delicious wild edible plants and mushrooms are abundant throughout North America, not only in the wilderness but in urban areas, too. Learn how to identify, harvest, and eat the tastiest plants in your backyard. Intended as much for the cooking enthusiast as for the survivalist, this book includes recipes that will transform even the most common edible backyard weeds into guest-worthy fare. Even experienced foragers will be impressed with plantain leaf chips that are crisper and tastier than kale chips. Dandelion flowers become wine, Japanese knotweed becomes rhubarb-like compote and tangy sorbet, red clover blossoms give quick bread a delightfully spongy texture and hint of sweetness. 75 color photographs

## Book Information

Series: Countryman Know How

Paperback: 288 pages

Publisher: Countryman Press; 1 edition (April 18, 2016)

Language: English

ISBN-10: 1581573065

ISBN-13: 978-1581573060

Product Dimensions: 8 x 0.9 x 8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #134,062 in Books (See Top 100 in Books) #201 in [Books > Cookbooks, Food & Wine > Outdoor Cooking](#) #203 in [Books > Reference > Survival & Emergency](#)

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## Customer Reviews

I'm going to tell you right up front, Leda Meredith is a friend and colleague of mine. In fact, she offered to send me a signed copy of this book but I refused. Why? Because I COULD NOT WAIT that long to get my copy. Yes, that's right. I would rather buy my own copy of this book than wait a few extra weeks for a free one. I highly recommend it to foragers of all levels. Not only are there plant-specific reviews but there are also general techniques for categories of wild edibles. Both approaches are useful. The specific recipes are both classic (nopales and egg scramble) and creative (pineapple weed flan!). The technique-based recipes (universal leafy greens) encourage

beginning foragers to experiment within categories of plants. It's a great way to flex your cooking muscles when you're getting started with wild edibles. The photos show both the plant and the finished food. This is not a field guide and it doesn't purport to be one! If you're looking for a book to take on the trail to help you identify a new plant, you'll want something else IN ADDITION to *The Forager's Feast*. But when you get back to the kitchen with your harvest, the photography in this book will confirm your plant i.d., and show you how to make the most of your wild edibles. Leda can write AND cook. I've been disappointed by authors who write enticing descriptions of their food, only to find that their recipes aren't nearly as tasty as promised. I've made many of the recipes in this book and not one has let me down. Leda has an excellent palate and her clear writing style makes these recipes accessible even to less experienced cooks. If you're a forager and you like to cook, you'll definitely want this book in your kitchen.

plenty of recipes ,but i would like to see more photos of the plants mentioned in the book. i know what clover and dandelion look like, but i'm a little nervous to go by only one reference photo of an unfamiliar plant.

With a verve and humor uncommon in this genre of writing, Meredith makes me want to get out there and forage -- then cook up my haul with creativity and respect for the product. I've never seen another writer get me as hungry for weeds! This is a great resource, too, for people who want to clear out their own backyards -- literally -- while making a meal of it. (On any given day, my own yard has Asiatic Dayflower and Plantain, with plenty of garlic mustard, field garlic, and other delicious invasives nearby also.) I'm thrilled to have Meredith's book as a resource for doing so properly, sustainably, and tastefully!

Last year I purchased Leda Meredith's book, *Northeast Foraging*. It became a go to for expanding my wild edible repertoire. This spring when I learned about *The Forager's Feast*, there was no hesitation. It was preordered, and did not disappoint one bit. Pages of recipes have been earmarked which will carry my foraging throughout the seasons. Leda Meredith is, in my opinion, the Foraging Goddess, and the next best thing to this book would be to share a field expedition with her! I highly recommend *The Forager's Feast* to anyone who has a love of the wild foods.

I'm not ashamed to say I have read all of Leda Meredith's books and this one is the [wild] cherry on top. *Forager's Feast* is the perfect complement to *Northeast Foraging*, *Preserving Everything*, and

The Locavore's Handbook, but it also stands on its own with no prerequisite. So, it works for those who have already read the greater collection or those who are just getting introduced to the idea of foraging food. The recipes in Forager's Feast range from completely dummy-proof to culinary school drop-out. Meredith provides education on botany, sustainability, and gastronomy, answering the questions you're about to ask, and turning what at first seems like an intimidating lifestyle change into a completely attainable delight. The pages in this gorgeous book inspire the most conversation of all our coffee table materials, but it does so much more by inviting us to go outside and get to know our environment with its under-appreciated flavors and resources.

I left for husband to look at one night and he bookmarked a bunch of pages for me to look at the next day. He really liked it and enjoyed the info and how the author presented it.

What a useful book to add to my library! Lots and lots of plants covered especially the invasive plants that we need to eat up to get rid of them. Hahaha!

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