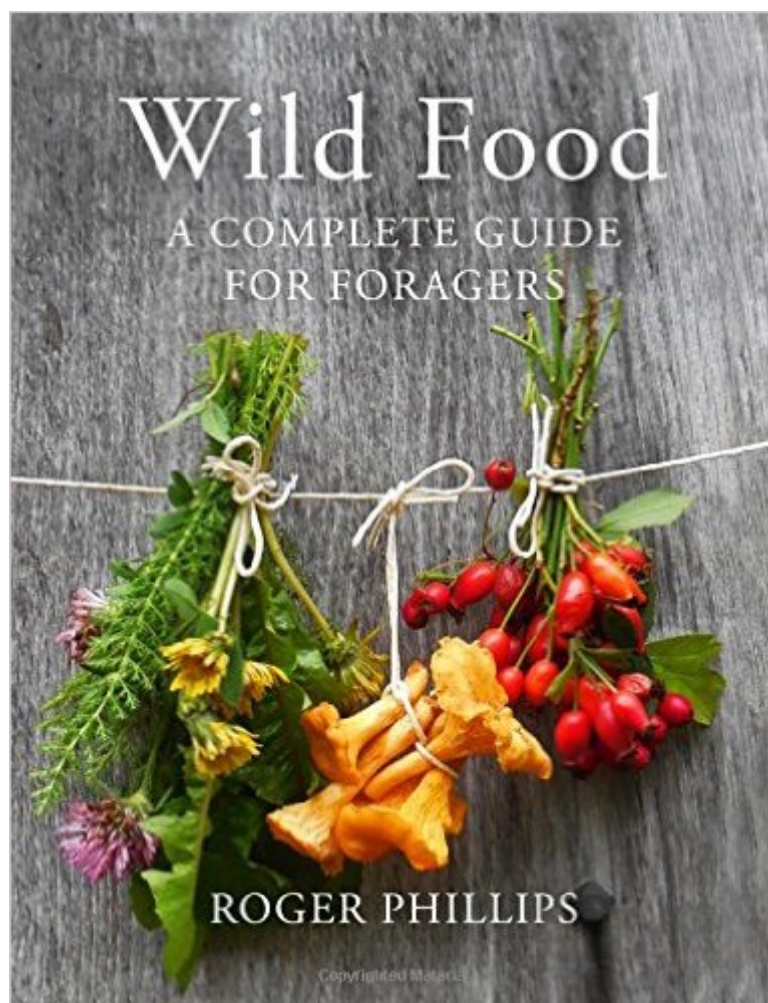


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# Wild Food: A Complete Guide For Foragers



## Synopsis

An authoritative and beautifully illustrated book on wild food and foraging by a leading expert Wild food is all around us, growing in our hedgerows and fields, along river banks and seashores, even on inhospitable moorland. In this definitive book, hundreds of these plants are clearly identified, with color photography and a detailed description. Roger Phillips also gives us fascinating information on how our ancestors would have used the plant as well as including more than 100 more modern recipes for delicious food and drinks. From berries, herbs, and mushrooms to wild vegetables, salad leaves, seaweed, and even bark, this book will inspire you to start cooking with nature's free bounty. Includes dual measures.

## Book Information

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