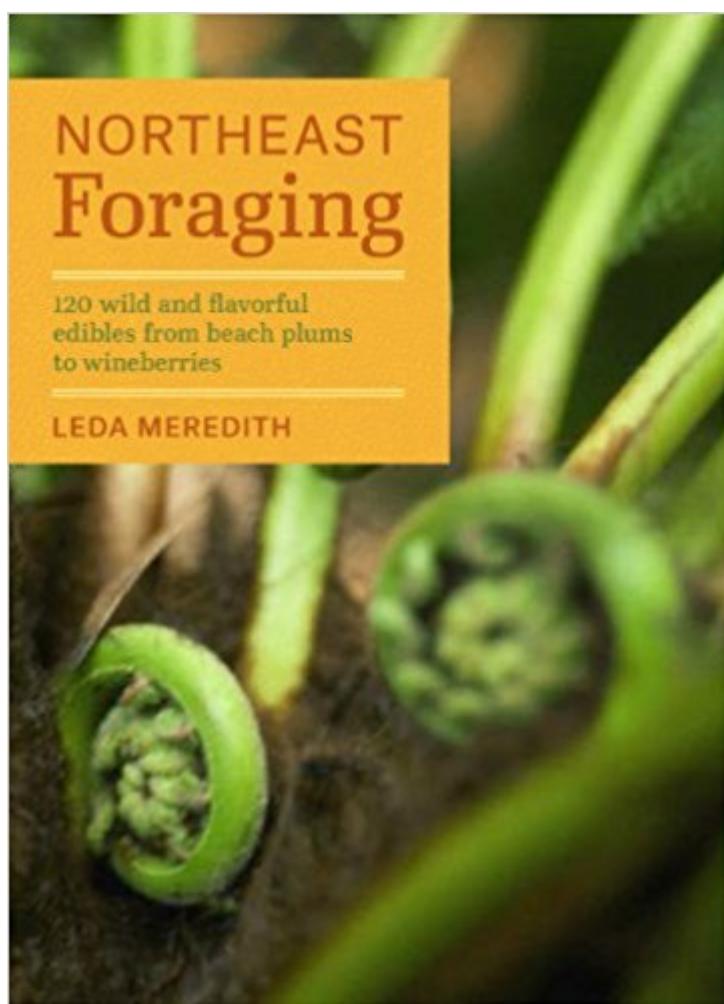


The book was found

Northeast Foraging: 120 Wild And Flavorful Edibles From Beach Plums To Wineberries (Regional Foraging Series)



Synopsis

The Northeast offers a veritable feast for foragers. The woods, meadows, seashore, and even city neighborhoods are home to an abundance of delicious wild edible plants. Learn how to find spicy peppergrass seedpods in a sunny meadow to replace store-bought peppercorns. You can gather delicious cattail shoots for a spring salad and even tame some weedy, pungent garlic mustard in your next stir-fry.

Book Information

Series: Regional Foraging Series

Paperback: 308 pages

Publisher: Timber Press (April 8, 2014)

Language: English

ISBN-10: 1604694173

ISBN-13: 978-1604694178

Product Dimensions: 6.5 x 0.8 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 86 customer reviews

Best Sellers Rank: #33,983 in Books (See Top 100 in Books) #13 in Books > Travel > United States > Northeast > Mid Atlantic #16 in Books > Travel > United States > Northeast > New England #28 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

Customer Reviews

Ã¢ "Although I have over 200 books on foraging in my collection, I would rate this as one of the very best.Ã¢ "Wildness Magazine Ã¢ "Northeast Foraging is detailed, accessible, and useful to new and experienced foragers alike.Ã¢ " NYBGÃ¢ "s Plant Talk Ã¢ "Leda MeredithÃ¢ "s personable field guide is as close as you can come to having the author take you by the hand.Ã¢ " Gary Lincoff, author of The Joy of Foraging and instructor at The New York Botanical Garden Ã¢ "An invaluable guide for the feast in the East.Ã¢ " Hank Shaw,Ã¢ " author of the James Beard AwardÃ¢ " winning website Hunter Angler Gardener Cook Ã¢ "A wonderful, thorough guide for both beginners and seasoned foragers.Ã¢ " Tom Kearney, chef at The Farm on Adderley

A passionate wild foods expert, Leda Meredith emphasizes local varieties and traditions, showing

you what to look for, when and where to look, and how to gather in a responsible way. A seasonal guide for foraging year-round. Detailed information for safe identification. Collecting tips for sustainable harvesting. Tips for preparation and use.

Leda's book has drawn accolades from notable foragers such as Sam Thayer, "Wildman" Steve Brill, Gary Lincoff, and Hank Shaw. Although I have over 200 books on foraging in my collection, I would rate this as one of the very best, and give it 5 out of 5 stars. Why? First, this is a great regional guide. While some of the plants included can be found in many states, all 120 are commonly seen in the Northeastern US and Ontario and Quebec. Specifically, if you live in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Maryland, Delaware, and Rhode Island - or have relatives who do - this is an excellent book to add to your library or give as a gift. (If neither is true, please don't miss what I have to say at the end of this review.) Secondly, the layout and design of the 6 1/2" x 9" book looks attractive and enticing as you flip through its 316 pages. It has 159 splendid color photos. Third, the plant accounts are organized alphabetically and headings within each account (How to Identify, Where and When to Gather, How to Gather, How to Eat, How to Preserve, and Future Harvests) enable you to find the information you want to know in a matter of seconds, without resorting to an index. Fourth, I can envision the section listing potential wild harvests by season and habitat as tremendously helpful for all foragers, whether you are a beginner or a veteran. That section is near the front of the book, and can be found starting on page 18 on 's "Look Inside" preview. Fifth, in each plant's Future Harvests paragraph, Leda advises the reader on whether the plant is invasive and can be harvested at will, or whether it falls into the "don't harvest unless it is abundant" category. Finally, Leda's writing sparkles. She is a passionate forager and has the gift of producing a book that once you start reading, you will find it hard to put the book down. Kudos to Leda and the team at Timber Press for this beautiful and easy to use reference. The great news for those of us who live elsewhere in the country is that Timber Press has embarked on guides that may come closer to us. Lisa Rose Starner is nearing the finish line on one for the Midwest. Lisa is an herbalist, and her manuscript adds that component to the wild edibles about which she writes. She is also knowledgeable about flavoring drinks with wild edibles. (It's my honor to be serving as her technical editor, which is how I happen to have this inside information.) Douglas Deur's book is coming soon. The title of his is "Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts." Also coming soon is "California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger" by Judith Larner Lowry. All three will be added to my

library!

I've been a forager for years, and have tried out a bunch of guides. This is by far my favorite. It gives clear photos and descriptions of the plants, as well as listing their various uses. It's easy to use, and covers many of the common plants you'll be looking for. This is the book I'll be recommending to beginner foragers from now on.

LOVE THIS BOOK!!!Northeast Foraging is written like the author is teaching you in person. How to identify the plant, where, what parts, when & how to gather. Even how to eat & preserve, ending with writing about future harvestings. There are warnings when needed. The picture are beautiful but, could be better in the identification of some of the plants. Listing toxic look-a-likes would be VERY helpful but not included in this book. Overall I still love this book. FREE FOOD FOR ALL

Very useful guide! I like that each plant is succinctly covered. Also, each plant entry has a n easy-to-read section on identification, harvest, use, preservation, and conservation. This is a great book for a beginner, but is also useful for more seasoned foragers.

This book is Great! But I want to add to Leda's part on the Burdock plant for eating, that is the leaf stem on early growth. In the spring the plant has a cluster of leaf growth before the flower stem emerges. Once you know the plant you can spot in easily. Cut the leaf at the base of the stem and then cut off the leaf, the stem is like celery with ribbing on it. If the stem is large you may want to peal the ribbing. The best stems, most tender, are about 4 to 5 inches long. I cook them in an egg and flower batter them together about 6 at a time and fry them in vegetable oil, season them how ever you like.

Great book! The pictures and descriptions are excellent. My wife and I enjoy bringing this book with us on walks in the park, hikes, or just around the yard to find what food is edible around us. I found 3 species just in my 1/8 acre back yard. Well worth the cost.

Bought this for my husband for our anniversary. He loves foraging books, and he was thrilled to get this one.

I like it, I feel like it's organized a little oddly, but otherwise it's got great information

[Download to continue reading...](#)

Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series) Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums (Regional Foraging Series) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts (Regional Foraging Series) Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) Southwest Foraging: 117 Wild and Flavorful Edibles from Barrel Cactus to Wild Oregano (Regional Foraging Series) Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops (Regional Foraging Series) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Northeast Fruit & Vegetable Gardening: Plant, Grow, and Eat the Best Edibles for Northeast Gardens (Fruit & Vegetable Gardening Guides) Between the Plums: Visions of Sugar Plums, Plum Lovin', and Plum lucky (Stephanie Plum: Between the Numbers) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) The Complete Mushroom Hunter, Revised: Illustrated Guide to Foraging, Harvesting, and Enjoying Wild Mushrooms - Including new sections on growing your own incredible edibles and off-season collecting Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes Foraging New York: Finding, Identifying, and Preparing Edible Wild Foods (Foraging Series) Foraging Mushrooms Maine: Finding, Identifying, and Preparing Edible Wild Mushrooms (Foraging Series) Kief Preston's Time-Tested Edibles Cookbook:: Medical Marijuana Recipes CANNABUTTER Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes Cannabutter Edition (The Kief Preston's Time-Tested Edibles Cookbook Series 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes COCONUT Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 3) Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)