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# 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. ã ã 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

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## Customer Reviews

Although I have over 200 books on foraging in my collection, I would rate this as one of the very best.

- Wildness Magazine
- NYBG
- Plant Talk
- Leda Meredith
- Gary Lincoff, author of *The Joy of Foraging* and instructor at The New York Botanical Garden
- An invaluable guide for the feast in the East.
- Hank Shaw, author of the James Beard Award-winning website *Hunter Angler Gardener Cook*
- A wonderful, thorough guide for both beginners and seasoned foragers.
- 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 peel 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

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