

Foraging & Feasting A Field Guide and Wild Food Cookbook



BOOK DETAILS

- Author : Dina Falconi
- Pages : 240 Pages
- Publisher : Botanical Arts Press LLC
- Language : English
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BOOK SYNOPSIS

Foraging & Feasting: A Field Guide and Wild Food Cookbook celebrates and reclaims the lost art of turning locally gathered wild plants into nutritious, delicious meals – a traditional foodway long practiced by our ancestors but neglected in modern times. The book's beautiful, instructive botanical illustrations and enlightening recipes offer an adventurous and satisfying way to eat locally and seasonally. Readers will be able to identify, harvest, prepare, eat, and savor the wild bounty all around them. We share this project with you out of our long commitment to connecting with nature through food and art. The effort weaves together Dina's 30 years of passionate investigations into wild-plant identification, foraging, and cooking with Wendy's deft artistic skills honed over 15 years as a botanical illustrator. The result is an abundance of recipes and illustrations that explore creative ways to bring wild edibles into our lives. Part One of *Foraging & Feasting* serves as a visual guide, tracking 50 plants through their growing cycle. The images illustrate the culinary uses of wild plants at various seasons. Part Two contains easy-to-use references including Plant Chart Centerfolds and Seasonal Flow Charts. Part Three brings you into the kitchen; here you'll find more than 100 master recipes and countless variations formulated to help you easily turn wild plants into delectable salads, soups, beverages, meat dishes, desserts, and a host of other culinary delights. These recipes are not limited to wild ingredients; they can be used with cultivated ingredients as well, purchased or homegrown. Many of the recipes can be made to accommodate various dietary restrictions: gluten-free, casein-free, dairy-free, grain-free, and sugar-free. Among those who will find the book valuable are the health-conscious members of the Weston A Price Foundation, ever in search of nutrient-dense, traditional whole foods. Slow Food enthusiasts will appreciate how focusing on ancient, seasonal – unusual edibles.

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