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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

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Customer Reviews

Leda Meredith has been foraging since she was a toddler (it's her great-grandmother's fault). She is the author of five books including *Northeast Foraging* and *The Forager's Feast*. Leda is an instructor at the New York Botanical Garden and the Brooklyn Botanic Garden, and a contributor to numerous publications including *Mother Earth News*.

In the last decade, there has been a tremendous surge of interest in foraging for wild edibles. Leda Meredith is one of the reasons why. She has led thousands of people outdoors to point out edible plants and mushrooms. She has keynoted at national and regional wild food weekends. She has

done workshops and classes. She has been on TV and radio and in magazines and newspapers. Her blog has featured mouth-watering photos of wild food dishes she's created. She is well-known on social media. Her book, "Northeast Foraging: 120 wild and flavorful edibles from beach plums to wineberries," was the leader in a series by Timber Press designed to cover sections of the United States. But enough about Leda. What this book does, and does well, is to live up to its title. It targets how to turn wild ingredients into tasty, company-pleasing fare. Leda has selected 52 plants that are easily found and relatively common in the US and other countries of the world. For simplicity, they are arranged in the book alphabetically by common name. Each plant account is followed by one or more recipes, with a tantalizing food photo. While it is true that there is only one photo for plant identification, it is well-chosen, and Leda provides a page or two of helpful identification information, including how to distinguish it from similar-looking plants when there are any. In the introductory section, under the heading of "Which Wild Edible Where and When," Leda discusses timing the harvest, and gives useful advice about what to collect and where to look during the seasons of the year. I was looking at that section last year during June (mid-spring to late spring here) and saw clover listed. White clover was abundant in my lawn at that time. Wondering what she might say about it, I flipped to its alphabetical listing. The recipe for Clover Flower Spoonbread (pages 74 and 75) caught my eye. I'd never eaten a spoonbread before, but made this up in little ramekins I happened to own. It was absolutely delicious! The flavor of the clover came through very nicely. In my opinion, that recipe alone is worth the price of the book! Encouraged, I've been trying other recipes since then: Yard Squid Tempura (pages 83-84); Acorn Blinis (page 174); and Plantago Chips (pages 189-190). I saw Leda at the North Carolina Wild Foods Weekend last year, and was impressed by a sample of her Birch Bark Shortbread (pages 41-42). At the Midwest Wild Harvest Festival in Wisconsin, she gave me a packet of Za'atar Spice Blend (p. 242) she had made, using sumac as one of the ingredients. It is delicious sprinkled on salads, focaccia, fish, and chicken. Five out of five stars for a book worth owning!

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.

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!

This is a great book for beginners and experienced alike. I love that it included recipes. Bought a copy for a friend and they really enjoyed it as well.

Very interesting and filled with usable information. The pictures help a great deal to identify what we should look for.

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!

Great for those looking to live off the land more.

What an awesome book! The photos are exceptional and a lot of useful detail is given for each plant. This is one of the best books in my library on edible wild plants.

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