

Foraging Feasting 2018 Calendar: A Field Guide And Wild Food Cookbook

We live in disruptive times. The world is changing faster than ever before, leaving people dazed, businesses struggling, economies floundering and societies fracturing. But why? Transition Point is the result of over five years of research to establish the answer; a breathtaking tale of freedom, unintended consequences and disruptive technologies that starts 1000 years ago and ends up in the second half of the 21st Century. Starting with an examination into the drivers of technological change and the social, economic and political factors that both enable or suppress it, Transition Point explains why industrialisation happened where and when it did, why progress comes in waves, and why the technologies in the current wave, such as robotics, blockchain and AI, are likely to be the most disruptive of all. It then addresses the million-dollar question: what's next? What impact will this wave have on our businesses, our economies and most importantly, on our society? Culey explores how our current trajectory could result in a new golden age, but also how it is just as likely to result in a digital dictatorship of compliance and constant surveillance. Finally, he explains why we may soon see Homo sapiens' role as the dominant species come to an end. As Klaus Schwab, founder of the World Economic Forum, stated; "We stand on the brink of a technological revolution that will fundamentally alter the way we live, work, and relate to one another. In its scale, scope, and complexity, the transformation will be unlike anything humankind has experienced before." Transition Point explains why this is happening, what it means, and why the decisions we make now will prove to be critical.

"Botanical Drawing, A Beginner's Guide" and Botanical Drawing Sketchbooks" use a unique spiral binding that allows you to open the book to add and remove paper. You can purchase re-fills of Legion Stonehenge Aqua 140 lb. hot pressed water color paper to use with both books.Once you have practiced in the Beginner's Guide with the paper in the book, I recommend you purchase the hot pressed watercolor paper to use for the color exercises. You can put the watercolor paper right inside the book and re-do the exercises on the good paper!In the Sketchbooks you can take out finished work and put in new blank paper to continue re-using the sketchbook without having to get a new sketchbook or cut your finished art out of this book. You can also take out the sketch pages to display and then return them to the book!

This book allows you to replace harsh chemicals, dyes and perfumes with pure, simple ingredients that are gentle to your body. The information and formulas contained in this book will equip you to start creating your own natural body care products.

I can safely say that if I hadn't picked up this book some twenty years ago I wouldn't have eaten as well, or even lived as well, as I have. It inspired me then and it inspires me now' Hugh Fearnley-Whittingstall Wild food is all around us, growing in our hedgerows and fields, along river banks and seashores, even on inhospitable moorland. In Roger Phillips and Martyn Rix's Wild Food, hundreds of these plants are clearly identified, with colour photography and a detailed description. This definitive guide also gives us fascinating information on how our ancestors would have used the plant as well as including over 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.

Midwest Foraging

A Step-by-Step Guide to Drawing and Painting Flowers, Leaves, Fruit, and More

Backyard Foraging

The Art of Being Human

A Complete Guide for Foragers

Edible Wild Food and Medicinal Plants from Maine to the Adirondacks to Long Island Sound

Living the Christian Year

A Delicious Life

Anthropology is the study of all humans in all times in all places. But it is so much more than that. "Anthropology requires strength, valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. . . . It teaches students not to be afraid of getting one's hands dirty, to get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic" profession." What is the payoff for this heroic journey? You will find ideas that can carry you across rivers of doubt and over mountains of fear to find the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from your brow, and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. This special first draft edition is a loose framework for more and more complete future chapters and writings. It serves as a companion to anth101.com, a free and open resource for instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

What makes a man turn his back on society? What makes him return? For years a man calling himself Will Power lived in near-total isolation in northern New South Wales, foraging for food, eating bats and occasionally trading for produce. But who was this mysterious man who roamed the forest and knew all of its secrets and riddles? Some people thought he might be Jesus. Others feared he was a more sinister figure. The truth was that he was neither miraculous nor malevolent, but he was, most certainly, gifted. And when he finally emerged from the forest, emaciated and close to death, he was determined to reclaim his real name and 'give society another chance'. Today, Dr Gregory Peel Smith, who left school at the age of fourteen, has a PhD and teaches in the Social Sciences at university. His profoundly touching and uplifting memoir is at once a unique insight into how far off track a life can go and powerful reminder that we can all find our way back if we pause for a moment in the heart of the forest.

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, seasr-unusual edibles.

The classic foraging guide to over 200 types of food that can be gathered and picked in the wild, Food for Free returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition.

Edible Plants to Harvest, Cook and Enjoy

The Ultimate Field Guide to Evoke Curiosity and Wonderment with More Than 80 Recipes and Foraging Tips

120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts

The Worldwide Forager

Out of the Forest

A seasonal guide to eating well for your health and the planet

A Year of Gathering and Arranging Wild Plants and Flowers

Foraging Mushrooms Maine

A new approach to foraging Roger Phillips is the legendary godfather of foraging. Drawing upon decades of experience, his knowledge of wild food is unrivalled and in this richly illustrated book he shares some of his most recently gathered wisdom, collected from around the world. Roger reveals the edible and therapeutic secrets of our fields, woodlands and flower beds, and suggests tips for sourcing delicious morsels growing throughout the countryside and in our gardens. He also describes the native habitat and history of many fascinating plants and fungi, both common and unusual: from the camas bulbs eaten by the Native Americans of the Pacific Northwest, to the Italian and Spanish favourite, Caesar's amanita; from hostas, the familiar garden foliage consumed as a succulent vegetable in Japan, to the newly popular Australian citrus fruits. The Worldwide Forager is divided into four sections: mushrooms and fungi; flowers, leaves and herbs; fruit and nuts; and roots and tubers, and Roger uses each one to provide a wide range of ideas for making your meals more colourful, delicious and sustainable.

This vegetable-forward cookbook celebrates the bounty of the Pacific Northwest with more than 100 original recipes perfect for home cooks of all stripes. Simply delicious, healthy “vegetable-forward” recipes are at the heart of this cookbook that highlights seasonal ingredients of the PNW. From simple weeknight meals to on-the-go snacks and sweet-tooth satisfying desserts, this book gives you over 100 ways to celebrate seasonal produce, with recipes like Sweet Corn and Red Lentil Soup, Baked Pasta and Greens Casserole, Cherry Fro-Yo, and more. Vegetarians and omnivores alike will be eager to eat their vegetables, and the convenient gluten-free and dairy-free symbols make navigating the book a breeze for reader with dietary restrictions.

South Africa-born Marie Viljoen captures the hearts of her readers as she blogs about cooking and gardening on her tiny 66-square-foot terrace in Brooklyn. Named one of the top 10 gardening blogs by Apartment Therapy and the Discovery Channel, 66 Square Feet has also been covered in the New York Times. The book draws the reader into Viljoen's beautiful world of unfolding city seasons as she forages through New York City and harvests from her garden to create elegant and inspiring meals that encourage the reader to pause and savor life. Each chapter is a month, and ends in the kitchen, with a menu inspired by her terrace and roof gardens, farmer's markets, and the occasional weed. Set against a backdrop of growing up in South Africa and moving to the United States, meeting her French husband, and finding a culinary and emotional home in Brooklyn, Viljoen's book is a love letter to living seasonally in the most famous city on the planet. Praise for 66 Square Feet “The book is easy to love. The photos are alluring, the typography and graphics are charming and the menus, divided by month, offer beautiful, seasonal delights.” –San Jose Mercury News

Root to Stem is a seasonal guide to living a healthy, sustainable lifestyle by putting nature at the heart of our physical and mental wellbeing. The root to stem philosophy means using all of the plant, vegetable or herb, to maximise the health benefits found in the ingredient, whilst also simultaneously reducing your carbon footprint and the amount of food wastage. Set out in four chapters, Root to Stem shares each of the four seasons' celebrations and health challenges, which natural ingredients are available, simple delicious recipes and easy to make herbal remedies, plus steps for how to beautify and support the environment. It will also include tips for foraging, growing a kitchen pharmacy, movement and exercise, and creative ways to reconnect with others and nature. Root to Stem is about discovery, pleasure, traditions, celebration and - ultimately - about how our eating choices can actually help to sustain the natural balance of our world.

Exploring, Cooking and Eating with the Seasons

The Science for Recovering the Health of the Chesapeake Bay and its People

Root to Stem

Foraging for Beginners

Western Civilization: Volume A: To 1500

A Tale of Technological Revolutions, Human Evolution and the Potential for a Utopian or Dystopian Future

Western Civilization: Volume I: To 1715

115 Wild and Flavorful Edibles from Burdock to Wild Peach

A gorgeous, easy-to-follow, and inspiring guide to stunningly realistic botanical drawing that covers everything you need to draw our natural world. Achieve amazingly realistic and vibrant botanical illustrations, from flowers so dazzling you feel as if you might be able to smell them, to tomatoes that look as if they've just been picked from the garden. Wendy Hollender is known for her vivid, detailed, and inspiring illustrations and in The Joy of Botanical Drawing, she helps you take your art to the next level by sharing her perfected techniques through short lessons that start simple, then build on the basics with easy-to-use and clear step-by-step illustrations. Using colored pencils and watercolor pencils, Hollender shows you how to accomplish scientifically accurate botanical portraits of a spiraling pine cone, a spiky chestnut, a fuchsia-tinted radish, a graceful morning glory, and many more. From colorful leaves to delicate petals to textured bark and slender stems, The Joy of Botanical Drawing will give you the skills to complete lifelike drawings while also enjoying nature and the mindfulness of a regular drawing practice.

Best-selling author Jackson Spielvogel has helped over one million students learn about the present by exploring the past. Spielvogel's engaging narrative weaves the political, economic, social, religious, intellectual, cultural, and military aspects of history into a gripping story that is as memorable as it is instructive. Updated to reflect current scholarship, WESTERN CIVILIZATION, 10th Edition, includes more than 150 maps and excerpts of more than 250 primary sources that enliven the past while introducing students to the source material of historical scholarship. Additionally, the text is illustrated with more than 400 photographs that add visual context. A variety of pedagogical tools, including focus and critical thinking questions, primary source features with assignable questions, and end-of-chapter study aids, make this edition accessible to any learning style. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

“This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers.” —Edible Chicago The Midwest offers a veritable feast for foragers, and with Lisa Rose as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Midwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Illinois, Indiana, Iowa, Minnesota, Michigan, Missouri, Nebraska, Ohio, South Dakota, and North Dakota.

There's food growing everywhere! You'll be amazed by how many of the plants you see each day are actually nutritious edibles. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants typically found in urban and suburban neighborhoods. Full-color photographs make identification easy, while tips on common plant locations, pesticides, pollution, and dangerous flora make foraging as safe and simple as stepping into your own backyard.

Food You Can Forage

Foraging for Wild Foods

An Outdoor Family's Year on the Water, In the Woods and at the Table

A Field Guide and Wild Food Cookbook

The Forager's Pantry

Finding, Identifying, and Preparing Edible Wild Mushrooms

Wild Food Foraging in Cornwall and the Isles of Scilly

Shows us, through abundant and lush photography, how beauty is all around us in the world. With 12 chapters, each dedicated to a month in the year, the book guides readers in how to use local flowers, branches, and plants found in nature--or just our backyards--to create spectacular and unusual arrangements, both big and small. In addition to hundreds of process photos, finished arrangements, details, and landscapes, there are tips on arranging, information about the plants, and thoughts on our connection to the natural world. --Publisher's description.

A comprehensive and easy guide to bringing wild food indoors and new life to your cooking. Many home cooks want to experiment with wild foods and explore new flavors, but don't know where to start--The Forager's Pantry was written for you. This comprehensive and accessible book by Ellen Zachos takes readers through spices and herbs, flowers, fruit, greens, nuts and seeds, tubes and roots, and mushrooms, showing how some of the best ingredients come from nature itself. The Forager's Pantry is for any home cook, chef, or foodie who wants to incorporate foraged flavors into their everyday cooking. This guide will start with individual ingredients before going into techniques, preservation, and master recipes, making foraged food both accessible and delicious. This book is for the adventurous home cook just waiting to get started--combine new foods with familiar staples, explore wild ingredients, and bring new life and excitement to your cooking.

Connect with the earth and explore the outdoors with this enchanting cookbook from Fox Meets Bear blogger Johnna Holmgren. We forget that there is magic in food. We've lost an appreciation for how the ingredients we use came to be, how they grew, and where they were cultivated. In short, we've lost an appreciation for the earth. But Johnna Holmgren is here to restore that appreciation and help us create an adventurous spirit both in and out of the kitchen. She's someone who goes straight to the woods behind her home for mushrooms and syrup and heads to her garden for tomatoes and fruits. Her cookbook is more than just a book—it's an escape to another realm, a retreat into nature, and a taste of the life she lives. It brings the woods to a city loft and to the aisles of suburban supermarkets, with more than 80 unique recipes like flared elderflower quiche, wild blueberry bee pollen scones, garlic scape wreath pasta, and a frothed reishi mushroom latte. Intertwined with photographs of foraging experiments, lush forest scenes, and whimsical illustrations, it will linspire you to form a bond with the earth and the world around you.

Christianization and Commonwealth in Early Medieval Europe re-examines the alterations in Western European life that followed widespread conversion to Christianity—the phenomena traditionally termed "Christianization". It refocuses scholarly paradigms for Christianization around the development of mandatory rituals. One prominent ritual, Rogationtide supplies an ideal case study demonstrating a new paradigm of "Christianization without religion." Christianization in the Middle Ages was not a slow process through which a Christian system of religious beliefs and practices replaced an earlier pagan system. In the Middle Ages, religion did not exist in the sense of a fixed system of belief bounded off from other spheres of life. Rather, Christianization was primarily ritual performance. Being a Christian meant joining a local church community. After the fall of Rome, mandatory rituals such as Rogationtide arose to separate a Christian commonwealth from the pagans, heretics, and Jews outside it. A Latin West between the polis and the parish had its own institution—the Rogation procession—for organizing local communities. For medieval people, sectarian borders were often flexible and rituals served to demarcate these borders. Rogationtide is an ideal case study of this demarcation, because it was an emotionally powerful feast, which combined pageantry with doctrinal instruction, community formation, social ranking, devotional exercises, and bodily mortification. As a result, rival groups quarrelled over the holiday's meaning and procedure, sometimes violently, in order to reshape the local order and ban people and practices as non-Christian.

Hunting, Foraging and Fishing for Food

Foraging New England, 2nd

Botanical Drawing

The Joy of Botanical Drawing

Foraging and Feasting

Food for Free

Pacific Northwest Foraging

A Beginner's Guide

Incredible Wild Edibles is an invitation to enjoy the best food on Earth. This guide provides complete information on 36 traditional fruits, nuts, herbs, and vegetables that have nearly disappeared from our modern diets. Rediscover these wholesome, super-nutritious, gourmet foods for free! In a humorous but authoritative style, the author tells how to identify these plants with confidence, where and when to find them, what parts to use, and how to prepare them for the table. He gives practical advice on harvesting and discusses safe and responsible foraging practices. Contains index, bibliography, glossary, range maps, foraging calendar, and more than 350 color photos. For all experience levels, from novice to expert.

When you know where to look, each season Nature provides a generous spread of tasty treats ripe for the picking. Foraging can be an adventure for the entire family, and Food You Can Forage is packed with photos, illustrations and usef ul information to help you identify and find food in the wild, as well as delicious recipes to try with your finds. In this book, Tiffany Francis explores a range of

habitats, revealing why plants grow where they do and which other living things live there too. Tiffany offers tips to help make the most of time spent outdoors wherever you are, and her delightful text also explains everything from the birds to look out for along the coast to which bumblebees you're most likely to spot on your local heathland. Whether you prefer to avoid eating overly processed foods or just enjoy spending time outdoors with your family, knowing how to ethically source food for free in the wild is a valuable and fun skill that anyone can learn.

One intrepid cook's exploration of her urban terrain In this groundbreaking collection of nearly 500 wild food recipes, celebrated New York City forager, cook, kitchen gardener, and writer Marie Viljoen incorporates wild ingredients into everyday and special occasion fare. Motivated by a hunger for new flavors and working with thirty-six versatile wild plants--some increasingly found in farmers markets--she offers deliciously compelling recipes for everything from cocktails and snacks to appetizers, entrées, and desserts, as well as bakes, breads, preserves, sauces, syrups, ferments, spices, and salts. From underexplored native flavors like bayberry and spicebush to accessible ecological threats like Japanese knotweed and mugwort, Viljoen presents hundreds of recipes unprecedented in scope. They range from simple quickweed griddle cakes with American burnweed butter to sophisticated dishes like a souffléed tomato roulade stuffed with garlic mustard, or scallops seared with sweet white clover, cattail pollen, and sweetfern butter. Viljoen makes unfamiliar ingredients familiar by treating each to a thorough culinary examination, allowing readers to grasp every plant's character and inflection. Forage, Harvest, Feast--featuring hundreds of color photographs as well as cultivation tips for plants easily grown at home--is destined to become a standard reference for any cook wanting to transform wildcrafted ingredients into exceptional dishes, spices, and drinks. Eating wild food, Viljoen reminds us, is a radical act of remembering and honoring our shared heritage. Led by a quest for exceptional flavor and ecologically sound harvesting, she tames the feral kitchen, making it recognizable and welcoming to regular cooks.

This edited volume explores 21st century stories of hunting, foraging, and fishing for food as unique forms of place-based learning. Through the authors' narratives, it reveals complex social and ecological relationships while readers sample the flavors of foraging in Portland, Oregon; feel some of what it's like to grow up hunting and gathering as a person of Oglala Lakota and Shoshone-Bannock descent; track the immersive process of learning to communicate with rocky mountain elk; encounter a road-killed deer as a spontaneous source of local meat, and more. Other topics in the collection connect place, food, and learning to issues of identity, activism, spirituality, food movements, conservation, traditional and elder knowledge, and the ethics related to eating the more-than-human world. This volume will bring lively discussion to courses on place-based learning, food studies, environmental education, outdoor recreation, experiential education, holistic learning, human dimensions of natural resource management, sustainability, food systems, environmental ethics, and others.

Natural and Healthy Personal Care for Every Body

A Simple Foragers Guide to Wild Edible Plants and Medicinal Herbs

Edible Seashore

Botanical Drawing in Color

Time to Inhabit the Story of God

Earthy Bodies & Heavenly Hair

A Ritual Interpretation

100 Vegetable Recipes Inspired by the Local Bounty of the Pacific Northwest

With delightful illustrations and fascinating facts aimed at young readers, this children's book explores the natural world of riverbanks. Have you ever wondered how and why beavers build their dams, how otters live, or how frogs come to be? Now you can find out! This charming picture book teaches young children what it's like to be an animal living on and in the water. With each turn of the page, this volume reveals dozens of adorable illustrations, educational captions, and vocabulary words. From beavers and otters to snakes, frogs, newts, and more, children will love learning all about these busy aquatic animals and the amazing lives they live! This is a fixed-format ebook, which preserves the design and layout of the original print book

From beach peas to serviceberries, hen of the woods to Indian cucumber, ostrich ferns to sea rocket, Foraging New England guides the reader to the edible wild foods and healthful herbs of the Northeast. Helpfully organized by environmental zone, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

In the seventh of the River Cottage Handbook series, John Wright explores the culinary delights of the British hedgerow. Hedgerows, moors, meadows and woods - these hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to be found in the British countryside, and how to prepare and cook them. First John touches on the basics for the hedgerow forager, with an introduction to conservation, safety, the law, and all the equipment that you may need. Next he guides you through the tasty edible species to be found. Each one is accompanied by photographs for identification, along with their conservation status, habitat, distribution, season, taste, texture and cooking methods - not forgetting, of course, some fascinating asides and diversions about their taxonomy and history. Fifty species are covered, including bilberries, blackberries, raspberries, common mallow, dandelions, hedge garlic, horseradish, pignuts, nettles, sloes, sweet chestnuts, water mint, bulrushes and wild cherries. After this there is a section describing the poisonous species to steer clear of, with identifying photographs as well as warnings about nasty 'lookalikes'. Finally, there are thirty delicious recipes to show how you can make the most of your (edible) findings. Introduced by Hugh Fearnley-Whittingstall, Hedgerow is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

"The pigments he concocts from these humble beginnings are as fun to make as they are eye-opening to work with . . . the world never quite looks the same."—MarthaStewart.com A 2018 Best Book of the Year—The Guardian The Toronto Ink Company was founded in 2014 by designer and artist Jason Logan as a citizen science experiment to make eco-friendly, urban ink from street-harvested pigments. In Make Ink, Logan delves into the history of inkmaking and the science of distilling pigment from the natural world. Readers will learn how to forage for materials such as soot, rust, cigarette butts, peach pits, and black walnut, then how to mix, test, and transform these ingredients into rich, vibrant inks that are sensitive to both place and environment. Organized by color, and featuring lovely minimalist photography throughout, Make Ink combines science, art, and craft to instill the basics of ink making and demonstrate the beauty and necessity of engaging with one of mankind's oldest tools of communication. "Logan demystifies the process, encouraging experimentation and taking a fresh look at urban environments."—NPR "The book is full of inspiration and takes a lot of the mystery out of ink making, at least at its simplest level. And it also reminds me why I love ink—any ink or liquid color as much as I do."—The Well-Appointed Desk "Quite a few recipes . . . that use color from the kitchen: carrots, black beans, blueberries, turmeric, and onion skins all make beautiful ink colors."—Design Observer "Make Ink opens up about methods, providing an open source guide to DIY ink."—CityLab

Hedgerow

Forage, Harvest, Feast

36 Plants That Can Change Your Life

Western Civilization

66 Square Feet

Transition Point: From Steam to the Singularity

Christianization and Commonwealth in Early Medieval Europe

Wild Food

In the fifth of the River Cottage Handbook series, John Wright reveals the rich pickings to be had on the seashore – and the team at River Cottage explain how to cook them to perfection. For the forager, the seashore holds surprising culinary potential. In this authoritative, witty book John Wright takes us on a trip to the seaside. But before introducing us to the various species to be harvested, he touches on such practicalities as conservation and the ethics of foraging; safety from tides, rocks and food poisoning; the law and access to the shore, our right to fish, landing sizes and seasons; and equipment such as nets, pots and hooks. Next comes the nitty-gritty: all the main British seashore species that one might be tempted to eat. The conservation status, taste and texture, availability, seasonality, habitat, collecting technique and biology of each species is covered; there are also quite a few gratuitous but fascinating diversions. The species covered include crustacea (brown shrimp, common crab, lobster, prawn, shore crab, spider crab, squat lobster, velvet swimming crab); molluscs (clams, cockle, dog whelk, limpet, mussel, oyster, razor clam, winkle); mushrooms; plants (alexanders, babbington's orache, fennel, frosted orache, marsh samphire, perennial wall rocket, rock samphire, sea beet, sea buckthorn, sea holly, sea kale, sea purslane, sea rocket, spear-leaved orache, wild cabbage, wild thyme); and seaweed (carrageen, dulse, gut weed, laver, pepper dulse, sea lettuce, sugar kelp, kelp). Finally, there are thirty brilliant recipes. Introduced by Hugh Fearnley-Whittingstall, Edible Seashore is destined to join the other handbooks in the series as an indispensable household reference.

A thorough immersion in the art of botanical drawing, this book is sure to attract both aspiring and more experienced artists seeking scientific accuracy and the illusion of 3-dimension in their botanical artwork.

Detailed descriptions of edible mushrooms; tips on finding, preparing, and using mushrooms; a glossary of botanical terms; color photos. Use Foraging Mushrooms as a field guide or as a delightful armchair read. No matter what you're looking for, be it the curative Heal-All or a snack, this guide will enhance your next backpacking trip or easy stroll around the garden, and may just provide some new favorites for your dinner table.

Now completely revised and updated, with full-color photographs and family-friendly recipes throughout. The deeply personal story of a father learning to share his love of nature with his children, not through the indoor lens of words or pictures, but directly, palpably, by exploring the natural world as they forage, cook and eat from the woods and sea. This compelling, masterfully written tale follows Dylan Tomine and his family through four seasons as they hunt chanterelles, fish for salmon, dig clams and gather at the kitchen table, mouths watering, to enjoy the fruits of their labor. Closer to the Ground captures the beauty and surprise of the natural world – and the ways it teaches us how to live – with humor, gratitude and a nose for adventure as keen as a child's. It is a book filled with weather, natural history and many delicious meals.

Make Ink

A Beginner's Guide to Mastering Realistic Form and Naturalistic Color

Place-based Learning for the Plate

Incredible Wild Edibles

River Cottage Handbook

Diet for a Sustainable Ecosystem

A Forager's Guide to Natural Inkmaking

Cooking with Wild Edibles

Get Ready To Enjoy The Pleasures Of Eating From The Wild. Foraging For Beginners contains all you need to start foraging wild edible plants and herbs. Many people have discovered the flavors, textures and elemental vitality of wild plants. Eating wild edibles will introduce a new dimension to your diet and you will develop a deeper connection with the environment. Whether it is fruit, vegetable or nuts, the bounty is sustainable and it is completely free. In this book, 39 wild plants are presented with pictures and descriptions for proper identification. You don't have to go too far to start foraging. Some of these wild edibles are likely to exist in your backyard, in fields and places you walk every day. Now, you can gain the skills for surviving if you ever find yourself in a situation where you have to live on foraged food. Just some of what you will learn are: * Foraging basics and rules * Foraging safety * Foraging tools * Proper plant identification with photographs * Medicinal information * A few recipes with wild edibles. And much more.

" Doug Deur invites us to discover the taste and history of the Northwest. " —Spencer B. Beebe, author of Cache and founder of Ecotrust The Pacific Northwest offers a veritable feast for foragers, and with Douglas Deur as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Pacific Northwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Oregon, Washington, and Alaska.

Wild food and foraging. The complete guide to seasonal living with fantastic recipes that make the most of Britain's seasonal ingredients every month of the year.

This book explores a specific ecosystem in depth, in order to weave a story built on place and history. It incorporates the theme of a journey to help reveal the environment-human-health-food system-problem. While drawing on a historical approach stretching back to the American colonial era, it also incorporates more contemporary scientific findings. By crafting its story around a specific place, the book makes it easier for readers to relate to the content, and to subsequently use what they learn to better understand the role of food systems at the global scale.

Well Seasoned

65 Familiar Plants You Didn't Know You Could Eat

Closer to the Ground

Tales from a Forager's Kitchen

PNW Veg

Foraged Flora

A Wild-Inspired Cuisine

Bobby Gross presents chapters on each season of the liturgical year, accompanied by weekly devotions based on the Sunday readings of the lectionary cycle. His book offers a flexible weekly format, designed to let you break the devotions down any way you want to.

Foraging and FeastingA Field Guide and Wild Food Cookbook