



Idiot's Guides: Foraging

Mark Vorderbruggen

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Foraged delicacies have become the latest foodie obsession. Wild edibles collected by professional foragers are proliferating on the plates of top-tier restaurants because they offer novel and ultra-fresh sensations for the tongue, and they frequently taste more flavorful than farmed foods. For people seeking new food experiences and wanting to forage for themselves, *Idiot's Guides: Foraging* shows how to find wild edibles and when and how to harvest them. Includes 30+ tasty recipes that describe how to prepare these wild foods.

- * Includes common plants all across North America
- * Covers positive plant identification
- * Multiple large, full-color photos identify each plant (including the mature plant, how it looks at various stages of growth, and how it looks at the right stage of growth for harvesting)
- * Each entry gives facts on the plant's habitat, physical properties, which parts are edible, harvesting sustainability, preparation, storage, and poisonous look-alikes
- * More than 30 delicious recipes
- * Includes range maps and charts that list plants by habitat and by season

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