



# Foraging & Feasting: A Field Guide and Wild Food Cookbook

*Dina Falconi*

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# Foraging & Feasting: A Field Guide and Wild Food Cookbook

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## **Foraging & Feasting: A Field Guide and Wild Food Cookbook** Dina Falconi

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 50 beautiful, instructive botanical illustrations and over 100 enlightening master 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. The mouth watering recipes have been developed with flexibility in mind. They taste great when made with cultivated fruits and vegetable too. They also cater to various dietary restrictions: gluten-free, casein-free, dairy-free, grain-free, and sugar-free. Thousands of recipe variations arise from the master recipes. The easy-to-use reference charts collate the information found throughout the book, helping to locate the harvest and use it tastefully. The botanical identification pages focus primarily on plants that are wild, abundant and very common. Many of them are ubiquitous and can be found in various temperate zones of the world: North & South America, Europe, Asia, Africa and Australasia. However, Dina was unable in her research to pinpoint the exact world range for each plant. Note: Dina has included a few plants that start as cultivated specimens where she lives (Northeastern U.S) that then freely spread themselves, becoming wild in the landscape. They are wild in other parts of the world. The featured plants grow in various zones, ranging from 2 to 9, with zones 4 to 8 being more typical. By the way the Kitchen Arts cookbook section will be useful anywhere in the world. The recipes are designed as master templates so you can plug in a variety of wild plants or cultivated ones for that matter. To view the 50 Wild Edible Plants featured in Foraging & Feasting, please visit Botanical Arts Press.

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