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# Northeast Foraging: 120 Wild And Flavorful Edibles From Beach Plums To Wineberries (Regional Foraging Series)



## Synopsis

The Northeast offers a veritable feast for foragers. The woods, meadows, seashore, and even city neighborhoods are home to an abundance of delicious wild edible plants.Â Learn how to find spicy peppergrass seedpods in a sunny meadow to replace store-bought peppercorns. You can gather delicious cattail shoots for a spring salad and even tame some weedy, pungent garlic mustard in your next stir-fry.

## Book Information

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## Customer Reviews

Leda's book has drawn accolades from notable foragers such as Sam Thayer, "Wildman" Steve Brill, Gary Lincoff, and Hank Shaw. Although I have over 200 books on foraging in my collection, I would rate this as one of the very best, and give it 5 out of 5 stars. Why? First, this is a great regional guide. While some of the plants included can be found in many states, all 120 are commonly seen in the Northeastern US and Ontario and Quebec. Specifically, if you live in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Maryland, Delaware, and Rhode Island - or have relatives who do - this is an excellent book to add to your library or give as a gift. (If neither is true, please don't miss what I have to say at the end of this review.) Secondly, the layout and design of the 6 1/2" x 9" book looks attractive and enticing as you flip through its 316 pages. It has 159 splendid color photos. Third, the plant accounts are organized alphabetically and headings within each account (How to Identify, Where and When to Gather, How to Gather, How to Eat, How to Preserve, and Future Harvests) enable you to find the

information you want to know in a matter of seconds, without resorting to an index. Fourth, I can envision the section listing potential wild harvests by season and habitat as tremendously helpful for all foragers, whether you are a beginner or a veteran. That section is near the front of the book, and can be found starting on page 18 on 's "Look Inside" preview. Fifth, in each plant's Future Harvests paragraph, Leda advises the reader on whether the plant is invasive and can be harvested at will, or whether it falls into the "don't harvest unless it is abundant" category. Finally, Leda's writing sparkles. She is a passionate forager and has the gift of producing a book that once you start reading, you will find it hard to put the book down. Kudos to Leda and the team at Timber Press for this beautiful and easy to use reference. The great news for those of us who live elsewhere in the country is that Timber Press has embarked on guides that may come closer to us. Lisa Rose Starner is nearing the finish line on one for the Midwest. Lisa is an herbalist, and her manuscript adds that component to the wild edibles about which she writes. She is also knowledgeable about flavoring drinks with wild edibles. (It's my honor to be serving as her technical editor, which is how I happen to have this inside information.) Douglas Deur's book is coming soon. The title of his is "Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts." Also coming soon is "California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger" by Judith Larner Lowry. All three will be added to my library!

There are 117 chapters that cover over 120 wild edible plant species. Some chapters cover more than one related species. The book contains 292 pages -- not counting the index and other appendix-type of material. The book is 9" high, 6.5" wide, and 3/4" thick. Each chapter typically contains 2 full pages describing the plant(s) with at least one photo of the plant. A few plants are given 3 pages. More rarely, just 1 page or 4 pages are provided. The single photos are typically very good. There are many instances where 2 or even 3 photos are provided. Nevertheless, there were many instances when I wished a photo would have been supplied to show close-up details of the leaf, flower, or other parts that were described in the text. I was surprised to see that the author was apparently unaware that milkweed flower buds can be eaten raw -- i.e. not cooked at all. The chapters are ordered alphabetically by the plant's common name. Each chapter consistently includes the following headings or sections: 1. How to Identify. This covers an overall description of the plant, its leaves, its flowers, its roots/rhizomes, and its fruits/berries/seeds/nuts. 2. Where and When to Gather. This covers the general type of environment or soil type where it can grow, but there is no map or list of the states where the plant is found. I guess "Northeast" is all we get. It also

describes what season the edible parts are ready to harvest.3. How to Gather.This is not always obvious for some parts of some plants.4. How to Eat.This includes whether parts can be eaten raw and/or how to cook the edible parts.5. How to Preserve.While most edible plants can be eaten immediately, many may be refrigerated, frozen, or processed in some other way (canned, fruit leathers, jelly, etc.) so it can be eaten much later. The possible options are covered in this section.6. Future Harvest.This describes how to tell whether it should be left alone if it's scarce in an area, how to give it a chance to grow back next year, or whether it's an invasive species that should be gathered to reduce its impact upon native plants.Some chapters contain this extra section:7. Warning.For those wild plants that have parts or seasons when the part is not edible, is toxic when not prepared properly, or have look-alikes that are toxic, these chapters contain this extra section to help you avoid these problems.I liked this book.Although the photos aren't as large and as numerous as those provided in Samuel Thayer's books, Leda Meredith covers 3 times as many plants, so this book will definitely go into my backpack. Its pages are a bit thinner than Thayer's books so "Northeast Foraging" isn't quite so heavy. That said, the pages are more easily torn from frequent use. I tore the bottom of one page by holding it with one hand while reading it from cover to cover.

A great book promoting sustainable foraging and eating locally and in-season. I liked that sustainable practices were highlighted and information was given on how to harvest each plant sustainably so no habitat is destroyed, which can be an issue with foraging.A list of plants in the very beginning of the book is arranged by season and habitat so a certain part of the plant that is available at that time is highlighted as edible. After that are plant profiles for over 100 edible plants in the Northeastern United States. I would definitely make sure you bulk up on identification of any plant you are going to eat before using this book as your definitive guide. There are identification sections describing each plant, however you would have to know some botany terms to use effectively. Pictures are included, but every plant may not look like that. The sections that are a lot more useful are how to harvest the edible part of the plant, when to harvest, and how to eat and preserve. I was also impressed with the variety of plants in this book that I don't often see elsewhere such as basswood, black nightshade, cattail, garlic mustard, juneberry, mugwort, mulberries (my favorite) and pineappleweed.This book was provided for free in return for an honest review.

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