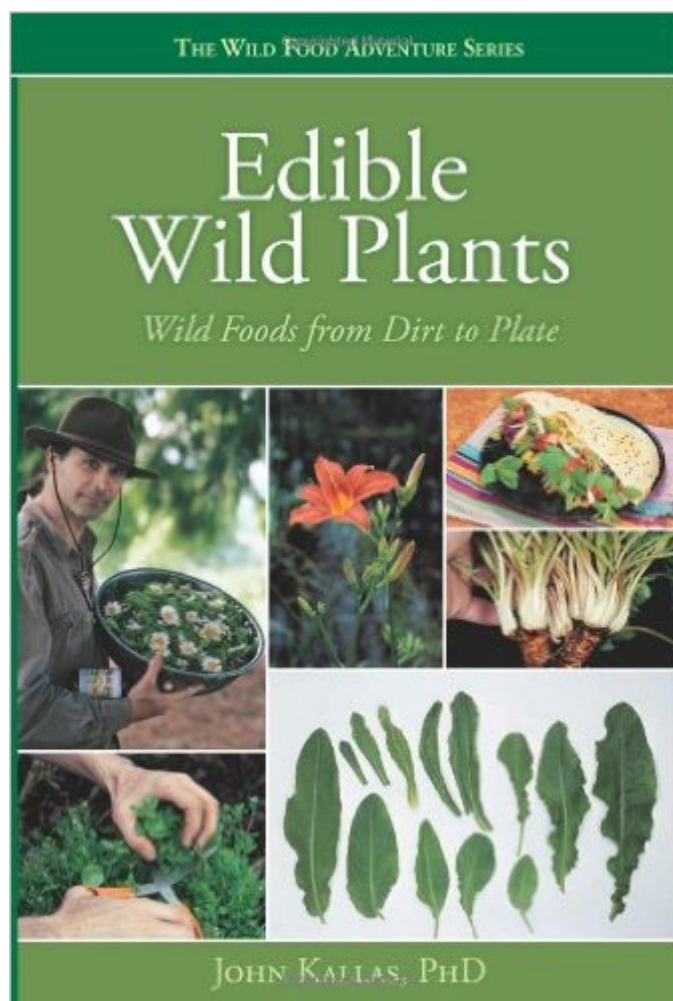


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# Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1)



## Synopsis

Imagine what you could do with eighteen delicious new greens in your dining arsenal including purslane, chickweed, curly dock, wild spinach, sorrel, and wild mustard. John Kallas makes it fun and easy to learn about foods you've unknowingly passed by all your life. Through gorgeous photographs, playful, but authoritative text, and ground-breaking design he gives you the knowledge and confidence to finally begin eating and enjoying edible wild plants. *Edible Wild Plants* divides plants into four flavor categories -- foundation, tart, pungent, and bitter. Categorizing by flavor helps readers use these greens in pleasing and predictable ways. According to the author, combining elements from these different categories makes the best salads.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (317 customer reviews)

Best Sellers Rank: #34,573 in Books (See Top 100 in Books) #48 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #80 in [Books > Science & Math > Biological Sciences > Plants](#) #84 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods](#)

## Customer Reviews

My Dad recently gifted me this great book and it is one of the best that I have ever received! You can help the author even more by going to his site directly to see and purchase this book there: [...]. It is the first book in a series that this foraging expert plans to write. This first book focuses on the most readily available greens. I think it is perfect for both the city and country dweller as you will quickly learn to see the wild foods readily available all around you. The author focuses on the best parts of the plants to use, and even recipes. I think he took the time to do so as most people are put off on harvesting "weeds," let alone when they actually try one (think dandelion leaves), they think, "Yuck, this stuff tastes awful." This is not a pocket field guide for the quick identification of a plant, but rather more of an in-depth look at the plant, look alikes, and the best ways to utilize said plant.

That being said, it is not tedious to find the plant or information you are looking for and I have already been able to quickly flip back and forth through it and find exactly what I am after in an instant. The chapter on the Mallow plant alone should be enough to get most people out in their yards hunting and pecking for a wonderful Nature provided treat. Recipes for this plant include: various "mumbo" gumbo recipes, Mallow confections using Mallow whites for items like whipped cream, meringues, and "Mallowmallows." Yes, the Mallow plant is a cousin to the Marsh Mallow plant! The cover and paper used in the book are high gloss and will hold up to years of thumbing through, even from going in and out of a backpack on a "less than ideal weather condition" trip. The photography is excellent and I believe was shot by the author as well.

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