

Stalking Wild Asparagus Euell Gibbons

Stalking the Wild Asparagus Stalking the Healthful Herbs Stalking the Wild
Asparagus Buried Treasures Nuts and Berries of California Food on the Page The New
Village Green Eating Appalachia The New York Times Book Review Start the
Fire Vegetables of Canada Wild Seasons The New Earth Catalog: Living Here and Now Sea
Frontiers Nontimber Forest Products in the United States Edible Wild Plants and Herbs The
Herbarist Bulletin A Catskill Flora and Economic Botany Berries Euell Gibbons Euell
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Stephen Morris Darrin Nordahl Jeremiah Tower Derek B. Munro Kay Young Gnu
Publishing Eric T. Jones Alan M. Cvanara Karl L. Brooks Mary Forsell
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having written the enormously popular stalking the wild asparagus and stalking the blue
eyed scallop euell gibbons turned his attention to the wealth of herbs that grow wild
throughout north america combining the skills he learned as a boy with indian lore and his
years of patient experimentation he wrote this book that others might enjoy the benefits of
our little known natural heritage euell gibbons shows the reader how to enjoy the
culinary and medicinal virtues of herbs and wild plants drawn from the author s wide
knowledge of plants as well as from the lore of native americans and early settlers the
information is supplemented by nutritionists at pennsylvania state university who worked
with gibbons on analysis of the entries

an illustrated guide to buying growing harvesting and cooking a variety of roots tubers and corms from around the world

california s diverse geography overflows with many types of edible plants through the seasons this forager s paradise offers a continually changing list of wild harvestable treasures nuts and berries of california guides you to the edible wild foods and healthful herbs of the west this valuable reference guide will help you identify and appreciate the wild bounty of california inside you ll find detailed descriptions for edible nuts and berries tips on finding preparing and consuming them use nuts and berries of california as a field guide or as a delightful armchair read no matter what you re looking for 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

in food on the page the first comprehensive history of american cookbooks megan j elias chronicles cookbook publishing from the early 1800s to the present day examining a wealth of fascinating archival material elias explores the role words play in the creation of taste on both a personal and a national level

the village green is the focal point of any community a gathering place where the best ideas take root and the brightest voices are heard the new village green gathers some of the best ideas and brightest voices of the green community some famous and familiar others fresh and unknown each tells an absorbing story and collectively they comprise a powerful chorus that profiles the current state of the environment this remarkable book gathers wisdom and insight from a compelling and thought provoking virtual community each contributor brings a unique perspective that mingles reverence for the environment with provocative thoughts for the future topics range from spirituality to solar panels and just like a real village green are juxtaposed with opinions from the new village people including writers bill mckibben and michael pollan scientists james lovelock and donella meadows spiritual leaders gandhi and buddha practical homespun topics are given equal time good reasons to embrace alternative currencies tips for growing great garlic meant to be devoured in one sitting or sipped a little at a time this book springboards the green movement into the future by acknowledging its roots in the past rachel carson paul ehrlich and helen and scott nearing are as relevant today as the slow food movement and peak oil this book will touch the heart of anyone who lives with conscience and hope

dozens of indigenous fruits vegetables nuts and game animals are waiting to be rediscovered by american epicures and appalachia stocks the largest pantry with these delectable flavors eating appalachia looks at the uniquely flavorful foods that are native to the region including pawpaws american persimmons ramps hickory nuts and elk among others with 23 mouthwatering recipes and 45 color photographs the book also profiles the food festivals including the pawpaw festival in albany ohio the feast of the ramson in richmond west virginia and elk night at jenny wiley state park in prestonburg kentucky there are recipes for every ingredient pawpaw panna cotta chianti braised elk stew pan fried squirrel with squirrel gravy persimmon hickory nut bread and wild ginger poached pears nordahl also discusses some of the larger agribusiness governmental agency and ecological issues that prevent these wild and arguably tastier foods from reaching our table

as seen in the new documentary jeremiah tower the last magnificent newly revised and reissued to coincide with the last magnificent a documentary feature produced by anthony bourdain the indelible and entertaining memoir from jeremiah tower which chronicles life at the front lines of redefining modern american cuisine widely recognized as the godfather of modern american cooking jeremiah tower is one of the most influential cooks of the last forty years in 2004 he rocked the culinary world with a tell all story of his lifelong love affair with food and the restaurants and people along the way in this newly revised edition of his memoir retitled start the fire tower shares with wit and honesty his insights into cooking chefs celebrities and what really goes on in the kitchen above all tower rhapsodizes about food the meals choreographed like great ballets the menus scored like concertos no other book reveals more about the seeds sown in the seventies the excesses of the eighties and the self congratulations of the nineties with a new introduction by the author start the fire is an essential account of the most important years in the history of american cooking from one of its singular personalities

this book is a comprehensive extensively illustrated practical reference guide to about 100 canadian vegetables it covers both commercial and home garden crops and includes essentially all of the major minor and potentially new vegetables of canada

for nature lovers as well as cooks there s plenty to whet the appetite in this unique field guide cum cookbook starting with the first plants ready for eating in the early spring watercress and nettles and following the sequence of harvest through the late fall persimmons and jerusalem artichokes kay young offers full easy to follow directions for

identifying gathering and preparing some four dozen edible wild plants of the great plains and since most of the plants occur elsewhere as well residents of other regions will find much of interest here ø this is not a survival book writes the author only those plants whose flavor and availability warrant the time and effort to collect or grow them are included the nearly 250 recipes range from old time favorites poke sallet catnip tea horehound lozenges hickory nut cake a cupboardful of jams jellies and pies to enticing new creations wild violet salad milkweed sandwiches cattail pollen pancakes day lily hors d'oeuvres prickly pear cactus relish ø reflecting the author's conviction that just as we can never go back to subsisting wholly on wild things neither should we exclude them from our lives this book serves up generous portions of botanical information and ecological wisdom along with good food

a quiet revolution is taking place in america's forests once seen primarily as stands of timber our woodlands are now prized as a rich source of a wide range of commodities from wild mushrooms and maple sugar to hundreds of medicinal plants whose uses have only begun to be fully realized now as timber harvesting becomes more mechanized and requires less labor the image of the lumberjack is being replaced by that of the forager this book provides the first comprehensive examination of nontimber forest products (ntfps) in the united states illustrating their diverse importance describing the people who harvest them and outlining the steps that are being taken to ensure access to them as the first extensive national overview of ntfp policy and management specific to the united states it brings together research from numerous disciplines and analytical perspectives such as economics mycology history ecology law entomology forestry geography and anthropology in order to provide a cohesive picture of the current and potential role of ntfps the contributors review the state of scientific knowledge of ntfps by offering a survey of commercial and noncommercial products an overview of uses and users and discussions of sustainable management issues associated with ecology cultural traditions forest policy and commerce they examine some of the major social economic and biological benefits of ntfps while also addressing the potential negative consequences of ntfp harvesting on forest ecosystems and on ntfp species populations within this wealth of information are rich accounts of ntfp use drawn from all parts of the american landscape from the pacific northwest to the caribbean from honey production to a review of nontimber forest economies still active in the united states such as the ojibway harvest of plants recounted here the book takes in the whole breadth of recent ntfp issues including

ecological concerns associated with the expansion of ntfp markets and ntfp tenure issues on federally managed lands no other volume offers such a comprehensive overview of ntfps in north america by examining all aspects of these products it contributes to the development of more sophisticated policy and management frameworks for not only ensuring their ongoing use but also protecting the future of our forests

designed for quick reference this ragged mountain press pocket guide provides concise easy to understand details on the identification and edibility of 50 of the most common plants in the u s and canada 75 photos

a celebration of the berry in all its various forms as a garden plant table treat and home decoration while primarily about the berries themselves recipes for many of the edible berry varieties are included

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