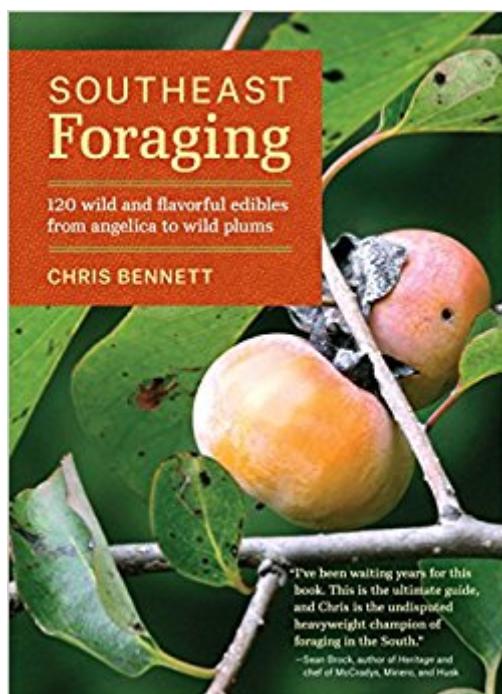


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# Southeast Foraging: 120 Wild And Flavorful Edibles From Angelica To Wild Plums (Regional Foraging Series)



## Synopsis

From seashores and riverbanks to mountains, valleys, and overgrown fields, the beautiful Southeast is rich in wild edibles. A Forager, farmer, teacher, and chef Chris Bennett helps you find the most delicious plants—from delectable wild greens, like the often-overlooked sweet, fan-shaped leaves of common mallow to wild hazelnuts, hickory nuts, and fruity black walnuts. Try making syrup from summer honeysuckle blooms, simmer a rosehip jam, or pickle some blackberries in vinegar to spark up a savory dish. Whether you venture out on the water for cattail corndogs and wild rice or stay close to home for the candy-crunch of hackberry fruits, this book will help you find an abundance of wild plants right outside your door.

## Book Information

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## Customer Reviews

“A fabulous field guide to sustainable, adventurous eating down South.” Library Journal “I’ve been waiting years for this book. This is the ultimate guide, and Chris is the undisputed heavyweight champion of foraging in the South.” Sean Brock, author of *Heritage* and chef of McCrady’s, Minero, and Husk “Chris Bennett is a thoughtful and expert southern chef who knows his wild plants. This book will open a new world to beginning foragers and will make an already rich regional food culture even richer.” Hank Shaw, James Beard Award-winning author of *Hunter Angler Gardener Cook* “A wonderful reference for anyone with an interest in foraging. . . . may spark an unrealized fascination.” Smith Mountain Laker

With this savvy guide you'll learn what to look for, when and where to look, and how to gather in a responsible way. A seasonal guide for foraging year-roundDetailed information for safe identificationCollecting tips for sustainable harvestingTips for preparation and use

I just got this yesterday and haven't had time to really read it yet, but I will warn users to be very careful about the photos. Quite a few are misidentified, and with edible plants that can be dangerous. Some examples:Black birch: the trunk photo is yellow birchBlack cherry: the flower pictures are of a plumJuniper (*Juniperus communis*): The photo is *Juniperus virginiana*Red bay: The photo is poor, but it is not red bay (*Persea borbonia*). It looks like gallberry (*Ilex glabra*)Stinging nettle: Photo is a *Tragia* species, which also stings, but is in the spurge family (Euphorbiaceae). I would not recommend eating *Tragia* because many family members are poisonous.Wild grape: The first photo shows a *Smilax* (*S. smallii* I believe), and in the second photo the foliage is *Ligustrum sinense*, and I think the fruits are an *Ampelopsis*, not a wild grape.Wild plum: The flower photo is a *Malus* (crabapple)

I LOVE this book. It has all the local southern US wild edibles listed by season so you know what to forage for. It also has a glossary in the back in case you find a berry you don't know the name of. Probably the best and most important features of this book are beautiful full color photos for ease of identification and warnings in case there are poisonous lookalikes. So far this book has helped us find and identify autumn olives, elderberries, common mallow, wild plantain, blueberries, wood sorrel, goldenrod, lady's thumb, hawthorne, cat's ear, muscadine grapes, hickory nuts, as well as a few we already knew of that we didn't know we could eat. Oh, it is also provides instruction for sustainable harvest and uses for each plant. Thanks to this book, I think we are done buying greens, teas, berries, nuts, and grapes from the store.

I like the book, but I wish that some of the descriptions contained more or better photos of the plants because I would not feel safe using this book as my single reference when foraging for food. I have more than one source for foraging edible plants, and I do not think this book should be your only source for foraging. Also, I noticed that one purchaser of this book said that some of the pictures in the book were not accurate and were actually of the wrong plant. I cannot speak to that since I am only an amateur when it comes to plant identification, but it does make me glad that I have more than one source to refer to if I ever need to forage for food. I have not actually ever been foraging

for wild foods yet, but my mother went foraging as a child with her Indian grandmother and I think it is good to have that kind of knowledge. I tend to believe that the doomsday preppers might be right about an impending economic crash someday, so I think it is good to have reference books like these in case a scenario like that one day happens. I am an older person, but I think that people like Samuel Thayer, who wrote another foraging book, are smart to teach their children how to live in the natural world (what is left of it anyway).

I am really enjoying this book! I live in a tri-state area (GA, SC, NC), so it is nice to have a reference more specific to my home.

I already knew about some things in this book. I've been eating "weeds" for some time now. There is a plant on the property that just looked like it was something good. I've been trying to find out what it is for about 2 years. Now, I know:)

I own several other foraging books, and expected pretty much the same plants to be included in this one. There were several plants I had not seen in other books! I can't wait to head to the woods with this book!

Nice book, no surprise there. Has a lot of useful information: name, how to ID, when to pick, how to prepare, almost everything you need to know...but no why, why do you want to eat this. Would have been 5 stars if they had some nutritional info, just because you can, doesn't mean it does you any good.

If interested in foraging, this is the book for you. The only thing that could make this book better is if it was organized by season or month. It's easy to read, good photos and descriptions. It was recommended to me and I am now recommending to you.

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