

**FORAGING: A PRACTICAL GUIDE TO FINDING AND
PREPARING FREE WILD FOOD**

Craig Waterson

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A practical guide to finding and preparing food from hedgerows, parks, fields, woods, rivers and seashore. Aimed at the beginner, it also has a wealth of tips for .

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Lewis-Stempel, John, Foraging, a practical guide to finding and preparing free wild food (Constable and Robinson,)
Phillips, Roger, Wild Food.

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Description A practical guide to finding and preparing food from hedgerows, parks, fields, woods, rivers and seashore. Long roots equal better nutrition.

Yvonne marked it as to-read Sep 01, When you eat locally, you reduce your carbon footprint. For purchases where a shipping charge was paid, there will be no refund of the original shipping charge. NOTE: We are unable to offer combined shipping for multiple items purchased. Stretch Goals Now that this project is over it's initial goal I would like to share with you. At the beginner, it also has a wealth of tips for the enthusiast, and, unlike other books on wild food, covers foraging in the urban environment as well as the countryside.