



Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series)

By Leda Meredith

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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. 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.

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Editorial Review

Review

“Although I have over 200 books on foraging in my collection, I would rate this as one of the very best.” —*Wildness Magazine*

“*Northeast Foraging* is detailed, accessible, and useful to new and experienced foragers alike.” —NYBG’s *Plant Talk*

“Leda Meredith’s personable field guide is as close as you can come to having the author take you by the hand.” —Gary Lincoff, author of *The Joy of Foraging* and instructor at **The New York Botanical Garden**

“An invaluable guide for the feast in the East.” —Hank Shaw, author of the James Beard Award–winning website *Hunter Angler Gardener Cook*

“A wonderful, thorough guide for both beginners and seasoned foragers.” —Tom Kearney, chef at **The Farm on Adderley**

From the Back Cover

A passionate wild foods expert, Leda Meredith emphasizes local varieties and traditions, showing you what to look for, when and where to look, and how to gather in a responsible way.

- A seasonal guide for foraging year-round
- Detailed information for safe identification
- Collecting tips for sustainable harvesting
- Tips for preparation and use

About the Author

Leda Meredith is a lifelong forager and a certified ethnobotanist. She is an instructor at the New York Botanical Garden and at the Brooklyn Botanic Garden, specializing in edible and medicinal plants. The author of four other books, Meredith writes for *Mother Earth News* and leads tours internationally for organizations including Slow Food, Green Edge, Cornell University, and Purchase University.

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Elida Allman:

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Scott Burnett:

Why? Because this Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series) is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book next to it was fantastic author who write the book in such remarkable way makes the content interior easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking means. So , still want to hold up having that book? If I were you I will go to the guide store hurriedly.

Dolores Albert:

In this age globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Often the book that recommended for you is Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series) this reserve consist a lot of the information from the condition of this world now. This kind of book was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

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