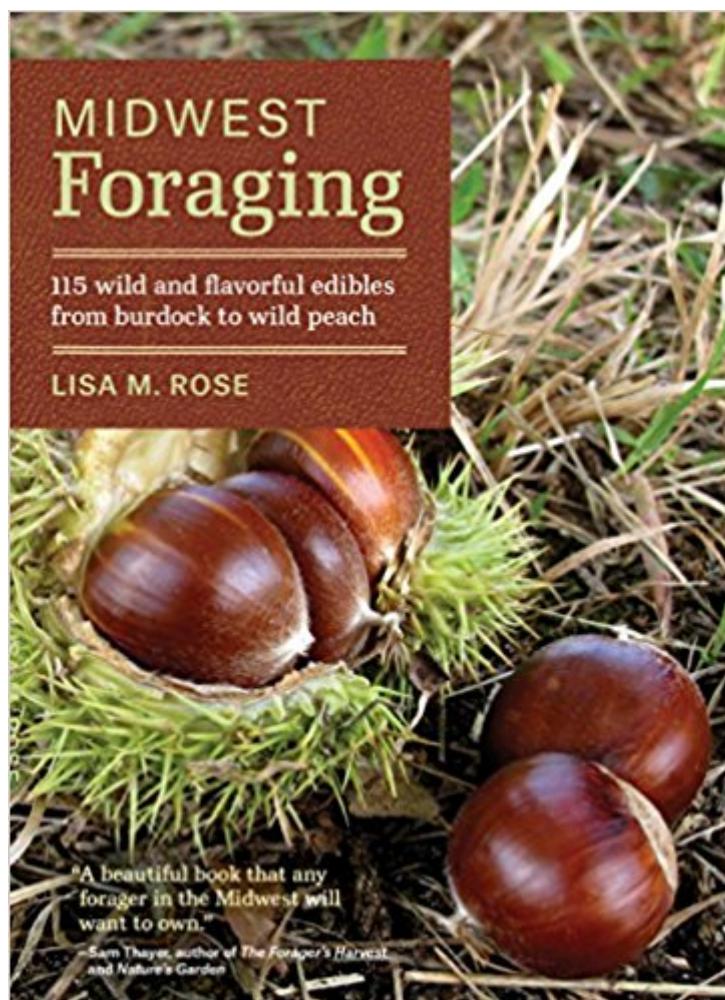


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# Midwest Foraging: 115 Wild And Flavorful Edibles From Burdock To Wild Peach (Regional Foraging Series)



## Synopsis

From fields to woodlands, riverbeds, and lakesides— and even in our own neighborhoods—the beautiful Midwest is rich in delicious wild edibles. A Herbalist, forager, and urban farmer Lisa M. Rose helps you find peppery watercress and delectable nettles at a nearby lake in the spring and nutritious burdock roots from sunny fields in the fall. Try brewing chai from roasted hickory or beech nuts, or capturing the citrus notes of pine needles in a lightly fermented, aromatic ale. Savor the delicate snow-pea flavor of rampant kudzu greens in the southern part of the region, or, in cool-running northern marsh waters, gather nutty wild rice for a foraged feast. A

## Book Information

Series: Regional Foraging Series

Paperback: 318 pages

Publisher: Timber Press (June 24, 2015)

Language: English

ISBN-10: 1604695315

ISBN-13: 978-1604695311

Product Dimensions: 6.5 x 0.9 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 62 customer reviews

Best Sellers Rank: #31,486 in Books (See Top 100 in Books) #7 in A Books > Travel > United States > Midwest #33 in A Books > Science & Math > Nature & Ecology > Natural Resources #45 in A Books > Sports & Outdoors > Hiking & Camping > Excursion Guides

## Customer Reviews

“Lisa Rose is exactly the sort of person you want to teach you how to forage for wild food. Her calm, warming voice and extensive plant knowledge make you want to dash out your back door to discover what edible delights lie just beyond.”  
Hank Shaw, James Beard Award-winning author of *Hunter Angler Gardener Cook*  
“This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers.”  
Edible Chicago  
“Useful for beginners and those searching close to home...Introducing these species to kids would be a fun backyard teaching moment for parents.”  
Iowa Press Citizen  
“The Timber Press foraging series offers another set of books with high quality photography. . . . also available as handy Kindles.”

•American Herb Association Quarterly •A must-have for anyone who likes to forage...a remarkable piece of work, offering beautiful photos and hundreds of tips about when, how and where to harvest edible plants. •Grand Rapids Press • "With 115 plants included, Midwest Foraging covers a lot of ground and is a good first choice for a beginning forager in the region covered. For more experienced folks with a larger library this is a valuable companion to include with your other field guides." ••Permaculture Podcast

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

This is a good book, with plenty of useful information, but it shares about half of the plants (and even some of the pictures) with Leda Meredith's "Northeast Foraging," also from Timber Press, and I think it is worth point out that Meredith's book is consistently more informative and useful. Here are a few examples. Meredith's entry on spicebush gives you very specific instructions for using the fresh leaves, the twigs, and even two different ways to use the berries; Rose just tells you to dry the berries and twigs and use them as an allspice substitute. For ginkgo, Meredith gives you an oven temperature and time for roasting gingko nuts; Rose only gives you information on what wines to pair them with. (I find the former more useful.) For jewelweed, also in both books, Meredith tells you exactly how to tincture it in vinegar for use as a poison ivy remedy, which strikes me as the most important use of the plant; Rose only describes food uses, and mentions that jewelweed often grows close to poison ivy, but doesn't note that the plant also might provide a solution to this problem! This is a consistent pattern between the two books. Meredith provides more possibilities with varying levels of processing and effort involved; Rose tends to have fewer uses, often with higher levels of effort, and not always the uses that seem most sensible to me. There are also a few too many "simple syrups" in Rose's book for my taste -- I don't tend to go out into the woods looking for ingredients for my cocktails. (If you do, more power to you.) All in all, I just feel like Leda Meredith knows these plants better, and writes about them in a way that makes me excited and confident to use them. If I had picked up Rose's book first, I think I would have done less with the information. There is plenty of good in her book, though, and she clearly knows what she is talking about. As with Meredith, the photographs are beautiful, and there are some plants here (ground ivy, pennycress, and kudzu) that are everywhere, but rarely written about. Timber Press has designed

and put together these books with care, and both are worth having, but I would look to Meredith's book first -- don't let the "Northeast" in the title scare you away, because most of those plants can still be found in the Midwest.

Great photography...you can actually identify most plants from the photographs, and definitely with the printed information given. Invaluable resource book!

Interesting read

this looks like a good useful book, I haven't read it much, I bought just in case I need it someday!

Great to work with!!!

Love this book. What a great way to celebrate all the natural food around us.

I love herbs and seeking them out, but I find a lot of trail books hard to navigate and the pictures (often) lacking or completely missing. Lisa's book, however, is stunningly beautiful and well put together. Along side a written description of the plant's identifying features are beautiful, clear photos that make distinguishing key features of the plant easy. Each page contains a list of what part of the plants are edible right at the top, and she is careful to note any harvesting concerns, as well as any cautionary info for the plant as food, which are both crucial aspects of foraging for food and medicine. It is evident that Lisa has put her heart and passion into this book and I highly recommend it!

Awesome book, so far!

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Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts (Regional Foraging Series)  
Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums (Regional Foraging Series)  
Southwest Foraging: 117 Wild and Flavorful

Edibles from Barrel Cactus to Wild Oregano (Regional Foraging Series) Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) The Complete Mushroom Hunter, Revised: Illustrated Guide to Foraging, Harvesting, and Enjoying Wild Mushrooms - Including new sections on growing your own incredible edibles and off-season collecting Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes Foraging New York: Finding, Identifying, and Preparing Edible Wild Foods (Foraging Series) Foraging Mushrooms Maine: Finding, Identifying, and Preparing Edible Wild Mushrooms (Foraging Series) Kief Preston's Time-Tested Edibles Cookbook:: Medical Marijuana Recipes CANNABUTTER Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes Cannabutter Edition (The Kief Preston's Time-Tested Edibles Cookbook Series 1) Kief Preston's Time-Tested Edibles Cookbook: Medical Marijuana Recipes COCONUT Edition (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 3) Kief Preston's Time-Tested FASTEST Edibles Cookbook: Quick Medical Marijuana Recipes - 30 Minutes or Less (The Kief Preston's Time-Tested Edibles Cookbook Series) (Volume 2) Lucky Peach Issue 24: The Best of Lucky Peach Growing the Midwest Garden: Regional Ornamental Gardening (Regional Ornamental Gardening Series) Midwest Fruit & Vegetable Gardening: Plant, Grow, and Harvest the Best Edibles - Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, ... (Fruit & Vegetable Gardening Guides) Underwater foraging - Freediving for food: An instructional guide to freediving, sustainable marine foraging and spearfishing

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