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The Quick Guide to Wild Edible Plants: Easy to Pick, Easy to Prepare

By Musselman, Lytton John. Wiggins, Harold J.

Johns Hopkins. 1 Cloth(s), 2013. hard. Book Condition: New. An ideal introduction for the beginning naturalist or forager, this abundantly illustrated guide from botanists Lytton John Musselman and Harold Wiggins shows how to safely identify, gather, and prepare delicious dishes from readily available plants, and clearly indicates which ones to avoid. More than 200 color photos and detailed descriptions profile such edible plants as nettles, daylilies, panic grass, and tearthumbs. Based on their decades of experience teaching courses on preparing local plants, Musselman and Wiggins also offer field-to-table recipes requiring only a few easily found ingredients. "The book is witty and full of commonsense. It is a jolly good read for anyone."Portland Book Review"Dr. Musselman is a passionate botanist. Walking among plant life makes him very happy, which means he is happy most of the time, except when riding in a car stuck in a long tunnel. He will stop people on the street to tell them some great news from the plant world."Garrison Keillor"Drawing from a lifetime of foraging experience, Musselman and Wiggins expand the reader's food gathering repertoire with simple recipes and a fascinating assortment of plants largely overlooked by the wild food literature."Samuel Thayer 133.



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