



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.

Users Review

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Kelsey Dehart:

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Aaron Williams:

Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries (Regional Foraging Series), it is possible to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its referred to as reading friends.

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