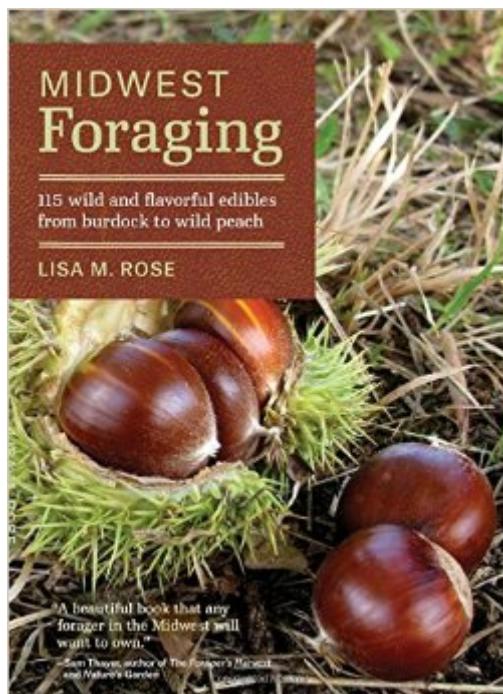


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# Midwest Foraging: 115 Wild And Flavorful Edibles From Burdock To Wild Peach (A Timber Press Field Guide)



## Synopsis

From fields to woodlands, riverbeds, and lakesidesâ "and even in our own neighborhoodsâ "the beautiful Midwest is rich in delicious wild edibles.â 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.â

## Book Information

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## Customer Reviews

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.

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