



# Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series)

By Lisa M. Rose

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## Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) By Lisa M. Rose

From fields to woodlands, riverbeds, and lakesides—and even in our own neighborhoods—the beautiful Midwest is rich in delicious wild edibles. 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.

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### Editorial Review

#### Review

“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*

#### From the Back Cover

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-round
- Detailed information for safe identification
- Collecting tips for sustainable harvesting
- Tips for preparation and use

#### About the Author

Lisa M. Rose is an herbalist and forager with a background in anthropology and a professional focus on community health. Her interest in ethnobotany and herbal medicine has taken her to study plants, people, health, and their connection to place internationally. Rose leads foraging plant walks and teaches classes on edible and medicinal wild plants. She forages for her own family, herbal apothecary, and community herbalism practice.

### Users Review

#### From reader reviews:

**Juan Higgins:**

As people who live in the actual modest era should be revise about what going on or facts even knowledge to make these keep up with the era that is always change and move ahead. Some of you maybe will certainly update themselves by looking at books. It is a good choice for you but the problems coming to you is you don't know which one you should start with. This Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) is our recommendation to make you keep up with the world. Why, because this book serves what you want and want in this era.

**Linda Monge:**

This Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) is brand new way for you who has fascination to look for some information as it relief your hunger info. Getting deeper you upon it getting knowledge more you know or you who still having tiny amount of digest in reading this Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series) can be the light food to suit your needs because the information inside this book is easy to get by anyone. These books create itself in the form that is reachable by anyone, yep I mean in the e-book application form. People who think that in guide form make them feel drowsy even dizzy this book is the answer. So there is no in reading a book especially this one. You can find actually looking for. It should be here for you actually. So , don't miss it! Just read this e-book kind for your better life along with knowledge.

**Jose German:**

In this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple method to have that. What you need to do is just spending your time almost no but quite enough to experience a look at some books. On the list of books in the top list in your reading list will be Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach (Regional Foraging Series). This book and that is qualified as The Hungry Mountains can get you closer in turning into precious person. By looking way up and review this publication you can get many advantages.

**Katherine Hood:**

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