



# Foraging: Discover Free Food from Fields, Streets, Gardens and the Coast

*Paul Chambers*

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## **Foraging: Discover Free Food from Fields, Streets, Gardens and the Coast** Paul Chambers

Forager and naturalist Paul Chambers explores the coast, fields, streets and gardens to reveal over a hundred of Britain's most exciting edible plants, flowers and seaweeds. This must buy guide uniquely blends the practical skills of foraging with the best elements of natural history writing. As well as recipes, identification tips and collecting advice, you will also learn about the historical, cultural and medicinal uses for each plant as well as its ecological significance. Much of this information is based on Paul's own research and experience and will not be found in any comparable books. With chapters that cover all parts of the British countryside, including urban environments and the seashore, FORAGING offers a comprehensive guide that will suit beginners and experienced foragers as well as those with a general interest in the natural and cultural history of edible plants. Highly illustrated and expertly written, this invaluable guide also includes a seasonal calendar and a handy A-Z of edible plants.

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