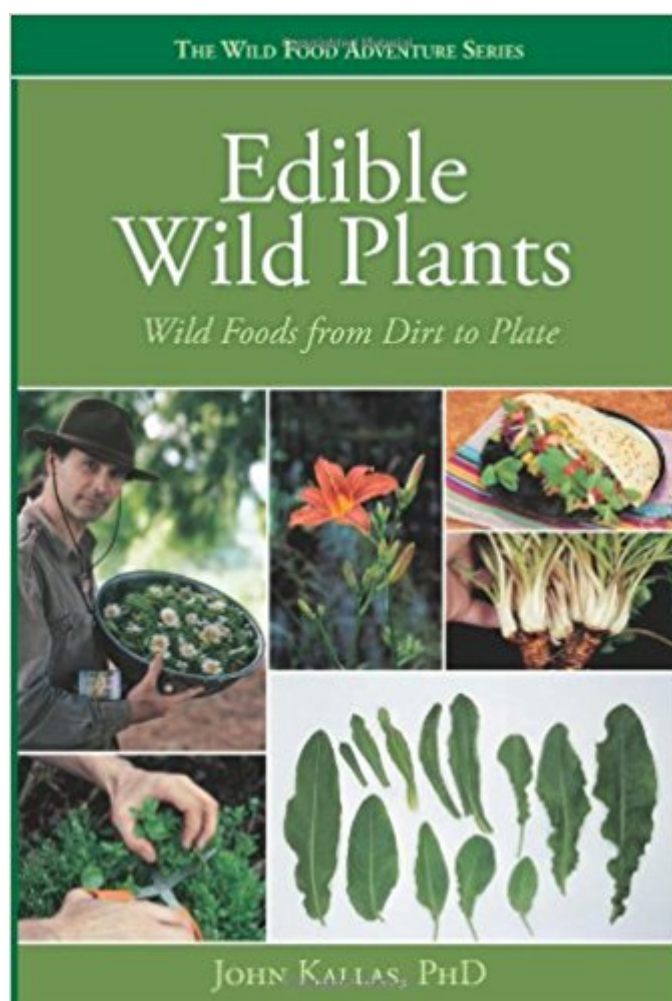


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# Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1)



## Synopsis

"Wild spinach about 7 feet tall and fully mature. Well-fed wild spinach is well-branched and produces a huge quantity of seeds when mature. The leaves are still edible at this stage but are reduced in quality, taking on a somewhat off-flavor. According to research on other mature plants, the leaves on these older plants retain most of their nutrients and phytochemicals as long as they are still green." (Left: The author stands in for perspective, 2006.) Imagine what you could do with eighteen delicious new greens in your dining arsenal including purslane, chickweed, curly dock, wild spinach, sorrel, and wild mustard. John Kallas makes it fun and easy to learn about foods you've unknowingly passed by all your life. Through gorgeous photographs, playful, but authoritative text, and ground-breaking design he gives you the knowledge and confidence to finally begin eating and enjoying edible wild plants. *Edible Wild Plants* divides plants into four flavor categories -- foundation, tart, pungent, and bitter. Categorizing by flavor helps readers use these greens in pleasing and predictable ways. According to the author, combining elements from these different categories makes the best salads. This field guide is essential for anyone wanting to incorporate more natural and whole foods into their diet. First ever nutrient tables that directly compare wild foods to domesticated greens are included. Whether looking to enhance a diet or identify which plants can be eaten for survival, the extensive information on wild foods will help readers determine the appropriate stage of growth and how to properly prepare these highly nutritious greens. John Kallas is one of the foremost authorities on North American edible wild plants and other foragables. He's learned about wild foods through formal academic training and over 35 years of hands-on field research. John has a doctorate in nutrition, a master's in education, and degrees in biology and zoology. He's a trained botanist, nature photographer, writer, researcher, and teacher. In 1993 he founded the Institute for the Study of Edible Wild Plants and Other Foragables along with its educational branch, Wild Food Adventures. John's company is based in Portland, Oregon, where he offers regional workshops, and multi-day intensives on wild foods. For more information, see [www.wildfoodadventures.com](http://www.wildfoodadventures.com)

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## Customer Reviews

Edible Wild Plants provides what you really need to know to have your own wild food adventures. Whether a beginner or advanced wild food aficionado, gardener, chef, botanist, nutritionist, scientist, or a dieter with special needs, this book is for you. Author John Kallas gives you unprecedented details, maps, simple explanations, and multiple close-up photographs of every plant covered at every important stage of growth. You learn that a plant is not only edible but when, why, and how it is. He can turn you into a successful, well-fed, and happy forager anywhere in North America. For more information on this book, other publications by John Kallas, and wild foods in general, see [www.wildfoodadventures.com](http://www.wildfoodadventures.com)

Dr. John Kallas has investigated and taught about edible wild plants since 1970. He founded Wild Food Adventures ([www.wildfoodadventures.com](http://www.wildfoodadventures.com)) in 1993 and is the publisher and editor of Wild Food Adventurer. He lives in Portland, Oregon.

I agree with the previous 5 star reviews. John Kallas is local. After taking a much appreciated class from him, I had to buy this book to see how his ideas came across in written form. The layout, the writing and the photos are impressive. Kallas includes only what he considers the "foundational" wild edibles in this book and those are presented in such clear and careful detail that it would be difficult to go astray while out foraging. This will be the one book I take while looking for wild edibles. Thanks, John!

"Edible Wild Plants," has been the topic of much discussion in the Yahoogroup "Plant Foragers" [...] and for good reason. It's the best! Here is what I posted on the list, and thought I would share it here: "My current favorite book by far is Edible Wild Plants by John Kallas. I like all my books for different reasons, but this book is, IMHO, the most well written, thought out, and comprehensive

book on foraging I have ever read. The plants that are covered are limited but the coverage of each plant is exhaustive, ranging from preparation for the field work, identifying, harvesting, and more. His pictures are great examples (something not true of all foraging books), and he includes pictures of many stages of growth, something that I have not seen in other books. Good pictures and help identifying in all stages of growth are important to me, as I am insecure in making a first time positive ID. (Once I am sure of what it is, I would recognize it anywhere...) Most foraging books have one or two pictures of a plant, often in the same stage of growth and/or drawn pictures, which I do not find helpful. (Drawn pictures are lovely to look at on a wall, but they do not help me with IDing a plant that I have never seen.) I find that with most books, I am left with some questions and more research is required on my part. Not so with this one. When I closed the book, I realized EVERY question that popped into my mind was covered in this book. No stone left unturned!"

This is a great book with excellent photographs of plants, and humorous as well at times. John Kallas is very educated and knowledgeable about this subject, but writes simply enough so that all will understand. The book has great photographs in it, and one thing I really liked about this book, was it also gave recipes for using the plants that you pick. I would highly recommend this book. I actually bought several books by different authors, so I would have multiple sources to make sure that I was picking what I was hoping to pick as the appearance of plant often does change over time! If you were only going to buy one book, buy this one. But I have to say, that I have found having multiple books is a bonus for identifying and using plants for food, medicine, etc. You DO need to know what you are doing if you are gathering your own wild food. Not all plants are edible and some can even be dangerous if ingested. So buy this book and then continue to add to your library as you can afford it. For diversity and the ability to truly identify and use plants, I purchased Nature's Garden - "A guide to Identifying, Harvesting, and Preparing Edible Wild Plants by Samuel Thayer, The Forager's Harvest - A Guide to Identifying, Harvesting and Preparing Edible Wild Plants" also by Samuel Thayer, and Edible Wild Plants - Wild Foods from Dirt to Plate by John Kallas, PhD. If you can afford it, purchase all 3 of these books, as I have found that I USE all of them for various reasons - a better photo/recipe/information, etc. And if there is any doubt about a plant I have several resources to better help me identify the information that I need.

This is NOT your average edible plants guide. The book covers fewer plants, but the trade off is the great detail, recipes, and extra material discussing nutrients, wild foods in general, growing wild edibles, and fantastic pictures. Kallas has great depth of knowledge and a detailed yet

conversational writing style.

This is an awesome guide to edible plants! At first I thought I would have liked a guide with a greater number of plants, but I learned you are looking for plants to eat so you need all the extra information to be sure of what you are picking! I especially appreciate the guide to look-alike plants, with photos and information for being sure to tell them apart. The carefully chosen photos (rather than line drawings) are key. Also I really appreciate him including photos of the different morphs of the plants. I am thrilled to get to know so much about these plants!

Edible Wild Plants is a very good field guide to aid in identifying and learning how to use and prepare a collection of common wild plants mostly viewed as weeds. The research is diligent and the plant photographs are good and clear. There are even images of seedlings, which is a very useful feature.

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