Foraging for Wild Edibles References

A practical, illustrated guide for modern-day foragers.

A wilderness survivalist’s complete guide to staying alive in the woods and living off the land.

For the gardener, artist, cook.

How to make healthy and inexpensive alternatives to store-bought drinks.


Excellent descriptions and photos of plants at various stages in their growth and in different seasons.


Considered the “father of modern foraging.”

Iconic title instrumental in reviving interest in natural food and environmental preservation.

Brings DIY harvesting right to your door; recipes from simple to gourmet.


A “charming ode (with recipes) to eating well and locally” by a recently unemployed food journalist.


Unusual recipes and good photos.


Wild harvests listed by season.


An illustrated “field and feast guide” with recipes and folklore.


Features more than 70 plants found in the United States, with color photos and keys for easy identification.


Classic illustrated guide to finding, identifying, and using edible wild plants.


Includes historic and cultural uses of bamboo, how to grow and harvest, and craft project ideas with step-by-step instructions.


Recipe for Southeast Asian grilled bamboo stuffed with glutinous rice and coconut; can be sweet or savory with added chunks of fruit or vegetables.

May 30, 2020 Recommendations from Master Gardeners Rebecca Halbe, Puwen Lee and Jane Longan

An entertaining author who does her research.


A small selection of species discussed in detail, including only those plants the author has eaten fifty times or more.


Recipe for bamboo-leaf wrapped rice/chicken/mushrooms; can substitute bamboo leaves for lotus leaves.


Details on how to locate, identify, and prepare edible wild plants; includes a section on which plants to avoid.


How to find and when and how to harvest wild edibles, with recipes.


A photo essay exploring the food of China; includes recipe for Mushu Vegetables, p. 205.


A seasonally organized field guide and cookbook by wild food experts.


https://nittygrittylife.com/eat-weeds-wild-weed-pesto

An illustrated list of edible weeds and recipe for pesto.


Harvesting etiquette, identification, and tips on how to eat the plants in your neighborhood there for the taking.


Recipes for botanical cocktails that will make you wish the author could be your mentor.