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The Foraging Book

Gathering and Cooking Edible Wild Plants

Ben Brumagne

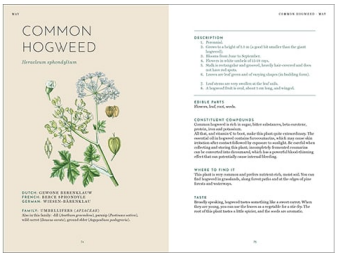
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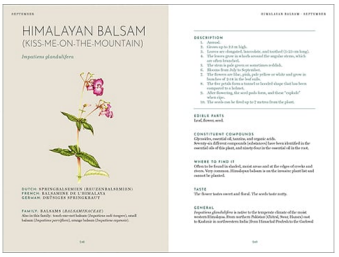
- Wild foraging in all its facets
- ‘Back to nature’ has never been more popular!
- Everything you need to know before heading into the woods to forage wild plants
- Includes an overview of the most common plants, their characteristics and uses, enriched with recipes

Wild edible plants are fascinating: you wander through forests, bring plants and mushrooms home, and turn them into delicious dishes. With his company Forest to Plate, Ben Brumagne was one of the first in the Low Countries to put wild foraging on the map, and he has studied the subject in great depth. In this book, he not only shares his knowledge of plants, but also enriches it with beautiful stories and his own experiences. An ideal book for anyone who wants to try cooking with ingredients from nature, as well as for seasoned foragers.

Ben Brumagne studied organic farming and is a herbalist. He is the founder of Forest to Plate, where he offers workshops and trips focused on wild foraging and gives lectures. “It’s a way to give people a fascination for nature. By eating from the forest, they gradually come to realize that nature is a system that deserves respect and awe.”







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