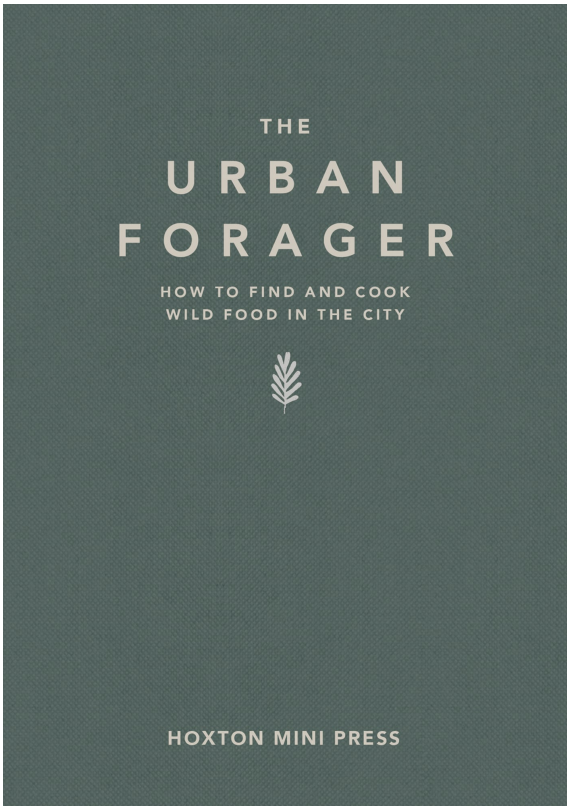
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The Urban Forager

How to find and cook wild food in the city

Photographs by Marco Kesseler

Wross Lawrence

ISBN	9781910566695
Publisher	Hoxton Mini Press
Binding	Hardback
Territory	USA & Canada
Size	4.25 in x 6.00 in
Pages	160 Pages
Illustrations	75 color
Price	$16.95

- Find wildly delicious food for free in the city with this modern field guide to foraging, containing 32 recipes

Hawthorn berry ketchup, cherry blossom shortbread, nettle ravioli, elderflower fritters, cowslip summer rolls… these are just some of the tasty and surprising dishes you can make from wild food found in your city. With stylish photography and expert advice from a professional forager, this book explains how to identify 32 easy-to-find plants in the city and cook up a wild feast. Leaves, nuts, berries, branches, flowers and even weeds are all in the mix, proving that, even in urban spaces, there is an abundance of delicious food waiting to be discovered (and devoured).

Contents:
Biographies
Foraging tips
Ingredients/Recipes

Wross Lawrence is a professional forager living in London and Sussex, UK. Wross supplies foraged ingredients to organic food delivery service Able & Cole as well as to many top restaurants.

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