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# Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat



## Synopsis

There's food growing everywhere! You'll be amazed by how many of the plants you see each day are actually nutritious edibles. Ideal for first-time foragers, this book features 70 edible weeds, flowers, mushrooms, and ornamental plants typically found in urban and suburban neighborhoods. Full-color photographs make identification easy, while tips on common plant locations, pesticides, pollution, and dangerous flora make foraging as safe and simple as stepping into your own backyard.

## Book Information

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## Customer Reviews

Sixty-five familiar plants you didn't know you could eat are the stars of this impressively comprehensive guide by horticulturist Zachos, who stresses the ease and elegance of foraging familiar plants—greens, fruits, nuts, seeds, tubers, and fungi—in yards and nearby environs. Safety first is the mantra when harvesting in the hood, Zachos instructs. She also provides a section on such necessary tools of the trade as bypass pruners and canning jars. She fully describes the categorically arranged 65 plants, from bamboo to redbud and ginkgo, providing how-to discussions on harvesting and preparation. Eye-catching sidebars on legality, quick plant identification, food-preparation tips, and more accompany the main text, which is abundantly illustrated with full-color photos throughout. Back matter includes instructions on freezing and dehydration and recipes for syrups, jams, alcoholic beverages (Dandelion wine is the color of sunshine), baked goods, and savory dishes. --Whitney Scott

“[An] impressively comprehensive guide by horticulturist Zachos, who stresses the ease and elegance of foraging familiar plants—greens, fruits, nuts, seeds, tubers, and fungi—in yards and nearby environs. Eye-catching sidebars on legality, quick plant identification, food-preparation tips, and more accompany the main text, which is abundantly illustrated with full-color photos throughout. (John Kallas, director of Wild Food Adventures) “Forget farm to table. Here, we weed to bowl. ... Extremely appealing.”

I bought this for my wife. We have a very attractive male neighbor that I will call Mr. Acorn. He likes to take his kids on walks and eat plants around the neighborhood and make acorn flour to bake with. My wife was suddenly VERY interested in going on these walks etc. I am not typically a jealous husband, but I am not stupid either. She was making so many trips to discuss this new hobby with Mr. Acorn it was a little concerning. I did a little homework of my own and selected this book to replace Mr. Acorn down the street. The images and variety of plants included eliminated the need for future clarification from Mr. Acorn. This book was able to identify most of the plants in our neighborhood that are edible. Combined with a book from the library on native edible plants in our region, my wife just couldn't find an excuse to call Mr. Acorn and he is now long forgotten, all without me appearing to be jealous and instead being supportive.... In case of a zombie apocalypse, I will be glad to know which my undead neighbor's have edible plants too. 5 out 5 stars for me!

I like this book a lot but I am finding that I need to look up the plants on the internet to get a better idea of identification.

I own a few foraging books and many cookbooks, craft books and food preservation books and this one has instantly become a favorite. It's already my favorite foraging book and I own a couple of "the classics." The pictures are lovely and I really enjoy her writing. It reminds me of a knowledgeable teacher who wants to give you good information that doesn't overwhelm you or make you feel like they are trying to impress you by over complicating things. It's just friendly and to the point. I bought the kindle version, but checked out the physical copy from the library and believe I'm going to have to purchase a physical copy myself.

I have tons of foraging books, and this one by far is the most beautiful. The author really has an eye

for photographs and design. She covers with some depth, and covers plants I have not seen in any of my other books, like the Hosta. This is not a compilation book just copied from other sources. Her view is unique. 65 plants is not enough of course. I want more! But, I understand a book can only be so big. Please author, I hope you are working on volume 2! I will buy immediately... This is also the book I would buy as a present for someone brand new to foraging...

Very informative book, but most of the herbs and plants in it, I'll never see. I was looking for something with more plants in my area. Also the stuff you do with most of them, I won't do either. A little on the complicated side.

I have a few books on foraging and this one is great. I am new to foraging and really need clear and concise information. This book is great because it has pictures and deals with familiar plants. It is GREAT for a beginner like me. A seasoned forager will probably find this book redundant or of no use but for someone new to foraging it is a gem. I had NO idea you could eat Hosta. I have them growing in my flower beds and had no idea I could thin them out by eating the leaves. If you are new to foraging, GET THIS BOOK. It has clear photographic pictures and descriptions. It is a great place to start.

Very handy guide, good pictures and descriptions.

Great book. Lots of plants that you may be already growing in your landscape are edible.

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