



# Foraging for Wild Foods: Self Sufficiency

*David Squire*

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# Foraging for Wild Foods: Self Sufficiency

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## **Foraging for Wild Foods: Self Sufficiency** David Squire

Foraging for wild food is growing more and more popular as people become increasingly interested in eating not only organic but also local fresh food - for free.

You would be surprised at the bounty of wild food you can find practically on your doorstep: some native plants, some escapes from ancient gardens and all delicious. Most of these foods are within easy reach however, you have got to know what you are looking for and where to go and when. Arranged in a directory of categories divided into wild plants, herbs, fruits, nuts, mushrooms, seaweeds and shellfish, this book has all of the information you need alongside clear illustrations to help you identify a wholesome and natural food store, all for free. Hints on how to prepare and eat your foraged bounty are also included, along with advice on seasonality.

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