



# **The Deerholme Foraging Book: Wild Foods and Recipes from the Pacific Northwest**

*Bill Jones*

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## **The Deerholme Foraging Book: Wild Foods and Recipes from the Pacific Northwest** Bill Jones

*The Deerholme Foraging Book* is the ultimate book for foraging in the Pacific Northwest. Featuring local edible plants, sea vegetables, and shellfish as well as an overview of mushroom foraging, the book serves as an introduction to the world of wild food. Identification and sourcing information, preparation tips, and recipes for many types of wild foods are included. The recipes are global in influence and use simple techniques woven in with expert processes to create good, homemade food. The recipe list includes techniques for harvesting and preserving food and covers basic pantry preparations, soups, salads, and meat, seafood, and vegetable dishes, all showcasing foraged food. Linking to traditional uses for wild foods and future possibilities for our diet and well-being, as well as enhancing our appreciation of the environment around us, *The Deerholme Foraging Book* also includes an index, a bibliography, full-color photos of wild foods and dishes, and Jones's fascinating foraging stories.

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