



The Bay Area Forager: Your Guide to Edible Wild Plants of the San Francisco Bay Area

Kevin Feinstein, Mia Andler

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Explore the delicious Bay Area

Reading this guidebook is like taking a wild foods walk with foraging experts Mia Andler and Kevin Feinstein: it gives practical advice for gathering edible wild plants in the Bay Area in a voice that is friendly and suffused with rich personal knowledge. The authors provide thorough descriptions of where to find each of the region's most readily available plants, and they give clear instructions for harvesting them responsibly. Large, detailed photographs help readers to identify plants easily. Also included are mouth-watering recipes such as cattail crêpes, cherry laurel cordial, fiddlehead fusilli, and rosehip soup. Ideal for any experience level, *The Bay Area Forager* invites readers to deepen their relationship with their environment.

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