

# Foraging The Essential Guide To Free Wild Food

**Foraging The Essential Guide To Free Wild Food** - Buy Foraging: The Essential Guide to Free Wild Food UK ed. by John Lewis-Stempel (ISBN: 9780716023104) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. Foraging the Essential Guide to Free Wild Food. by John Lewis-Stempel. A practical guide to finding and preparing food from hedgerows, parks, fields, woods, rivers and seashore. Aimed at the beginner, it also has a wealth of tips for the enthusiast, and, unlike other books on wild food, covers foraging in the urban environment as well as the countryside. Get this from a library! Foraging : the Essential Guide to Free Wild Food. [John Lewis-Stempel] -- A practical guide to finding and preparing food from hedgerows, parks, fields, woods, rivers and seashore. Aimed at the beginner, it also has a wealth of tips for the enthusiast, and, unlike other ... A practical guide to finding and preparing food from hedgerows, parks, fields, woods, rivers and seashore. Aimed at the beginner, it also has a wealth of tips for the enthusiast, and, unlike other books on wild food, covers foraging in the urban environment as well as the countryside.