



Food For Free (Collins Gem)

By Richard Mabey

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The ideal portable companion, the world-renowned Collins Gem series returns with a fresh new look and updated material.

This is the perfect pocket guide for aspiring foragers. Over 100 edible plants are listed, fully illustrated and described, together with recipes and other fascinating details on their use throughout the ages.

Practical advice on how to pick along with information on countryside laws and regulations on picking wild plants helps you to plan your foray with a feast in mind.

This is the ideal book for both nature lovers and cooks keen to enjoy what the countryside has to offer.

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Editorial Review

Review

`Thirty years after its initial publication, the forager's bible continues to inspire and enthrall.'Scottish Field` Still a classic'The Financial Times` Armed with this guide, this month you could be sampling the simple pleasures of eating a fleshy Hottentot fig straight from a Devon clifftop, making elderflower fritters gathered from the hedgerows, or frying fairy-ring champignons picked off your lawn. With its charming painted illustrations, it is a book to savour in itself.'Devon Life

About the Author

Richard Mabey is a naturalist and award-winning author and journalist. He won wide acclaim on the publication of the original Food for Free in 1972 - which has never been out of print since - and again with the publication of the colour edition in 1989. Among his many other acclaimed publications are Gilbert White (Whitbread Biography of the Year) and the ground-breaking bestseller Flora Britannica, which won the British Book Awards' Illustrated Book of the Year and the Botanical Society of the British Isles' President's Award and was runner-up for the BP Natural World Book Prize. He collaborated with Mark Cocker on Birds Britannica, and his book Nature Cure, described as 'a brilliant, candid and heartfelt memoir', was shortlisted for four prestigious prizes: the Whitbread Biography, the J.R. Ackerley for autobiography, Mind (for its investigation into depression) and the Ondaatje for the evocation of the spirit of place. He is an active member of national and local conservation groups and lives in Norfolk.

Users Review

From reader reviews:

Eleanor Rowe:

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Daniel Starnes:

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