



## The Foraging Home Cook - Basic

By Paola Bassanese Bassanese

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is the no frills version of The Foraging Home Cook: it is a cookery book for home cooks who enjoy foraging for wild foods. Although there are no illustrations, all the recipes have been tried and tested and are aimed at people with some prior knowledge of foraging. Using foraged wild foods allows you to have a healthier diet and save the environment by keeping your carbon emission low. Do you want to live an environment-friendly and sustainable life? Would you like to reduce carbon emissions and eat vegetables that grow locally? It's easier than you think, if you are willing to do some research and invest time in learning about edible wild foods. Maybe it's time to stop considering wild plants like nettles just a nuisance and take a serious look at their nutritional value. Then, the next step is to taste edible plants, discover new flavours (and discard those who don't quite agree with our palate) and experiment with them in the kitchen. The Foraging Home Cook is a...



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