



Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach

Lisa M. Rose

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From fields to woodlands, riverbeds, and lakesides—and even in our own neighborhoods—the beautiful Midwest is rich in delicious wild edibles. Herbalist, forager, and urban farmer Lisa M. Rose helps you find peppery watercress and delectable nettles at a nearby lake in the spring and nutritious burdock roots from sunny fields in the fall. Try brewing chai from roasted hickory or beech nuts, or capturing the citrus notes of pine needles in a lightly fermented, aromatic ale. Savor the delicate snow-pea flavor of rampant kudzu greens in the southern part of the region, or, in cool-running northern marsh waters, gather nutty wild rice for a foraged feast.

With this savvy guide you'll learn what to look for, when and where to look, and how to gather in a responsible way.

- An A-to-Z guide for foraging year-round
- Detailed information for safe identification
- Collecting tips for sustainable harvesting
- Tips for preparation and use

Covers Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Ontario, Canada.

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