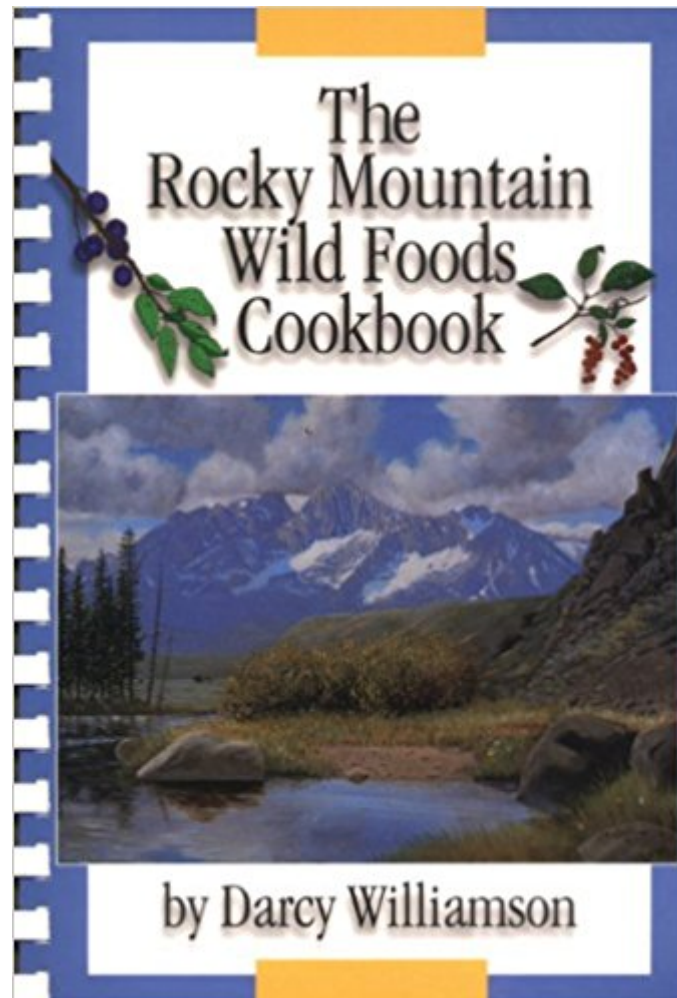




Ebook Directory
the best source of ebook

The book was found

The Rocky Mountain Wild Foods Cookbook



Synopsis

Award winning author, chef and herbologist describes 28 plants common to the Rocky Mountains and the West and easy recipes for cooking those plants in the field. Easy to recognize wild foods are abundant in the Rocky Mountains and the West. Darcy Williamson describes plants common to the region and offers a selection of recipes. All emphasize health-conscious cooking, using fresh ingredients.

Book Information

Paperback: 251 pages

Publisher: The Caxton Press; 1st edition (March 1, 1995)

Language: English

ISBN-10: 0870043676

ISBN-13: 978-0870043673

Product Dimensions: 6.6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #767,185 in Books (See Top 100 in Books) #126 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > West](#) #165 in [Books > Science & Math > Nature & Ecology > Mountains](#) #748 in [Books > Cookbooks, Food & Wine > Outdoor Cooking](#)

Customer Reviews

"Easy to recognize wild foods are abundant in the Rocky Mountains and the West. Darcy Williamson describes twenty-eight plants common to the region (omitting endangered plants and those which are very tedious to collect), and provides an extensive selections of recipes using these delicacies from Nature's garden. All of the dishes emphasize health-conscious cooking, using fresh ingredients with low sugar and fat content. Williamson shares the best recipes from her test kitchen (beverages, jellies, soups, salads, stir-frys, breads, desserts) the possibilities are delicious. Illustrations of each wild plant are included to help you accurately identify them, and field preparation for each is outlined to assure fresh, quality ingredients for the chef." Midwest Book Review (Midwest Book Review) --Midwest Book Review

Darcy Williamson is a long time Idahoan, historian, naturalist, herbologist, outdoor chef and whitewater rafting expert who has written two other books published by Caxton Press; Basque

Cooking and Lore and Idaho River Tales.

I teach a foraging class and I've purchased several copies of this book to offer to students; this book is packed full of recipes-not just recipes for pestos, soups and salads but hearty, substantial recipes- that supplement your lunch or dinner menu. The author even goes as far as to offer preservation methods! Love this! The b&w plate drawings are beautiful and accurate-although I'm not sure why there are several pages of color drawings in their own section and not used as chapter headings (I suspect it's to lower the printing cost). I recommend this book to anyone-beginner to advanced-as the recipe list is sooooo comprehensive. I'd like to see Henbit and Purslane added as these are easy for the beginner to identify and a versatile ingredient. Hesitate no more-buy this book, teach yourself and enjoy! I also recommend beginners to initiate themselves with squash blossom.

This book has served me very, very well in my years of living in Wyoming. I do say that I ended up with rose butter rather than jelly, but I think it was *better* that way, and everyone who was lucky enough to taste it was astounded and wanted more, which sadly I did not have to give. It takes a lot to find enough rosehips, and hours to de-seed them! But every speck of that rose butter was very worth the recipe! I gave this book as a gift recently to a botanist, and it was the best gift he'd received. I'd buy it again.

Yummy wild foods, right? Well, you better believe it. They are yummy, and this book brings them to us in a very imaginative way.

excellent book

A great addition to my library. A book I will repeatedly use and refer to --- at a great price. Thank you .

Darcy has a great touch for describing the plants, their history (native or not) and which pieces/parts are used for the recipes. Her recipes are easy to use and she even makes stinging nettle sound like something worth trying! I enjoy her flair for writing and the lovely drawings of the plants themselves. If you live in the Rocky Mountains, this is definitely a book to have around the home.

[Download to continue reading...](#)

Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes

Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge –œ Whole Foods Diet –œ Whole Foods Cookbook –œ Whole Foods Recipes (Whole Foods - Clean Eating) The Rocky Mountain Wild Foods Cookbook Rocky Mountain Tour: Estes Park, Rocky Mountain National Park, and Grand Lake, Colorado (Schiffer Books) Rocky Mountain Splendor: A Mile by Mile Guide for Roads in Rocky Mountain National Park Rocky Mountain Mammals: A handbook of mammals of Rocky Mountain National Park and vicinity Rocky Mountain Mammals: A Handbook of Mammals of Rocky Mountain National Park and Vicinity, Third Edition This Wild Spirit: Women in the Rocky Mountains of Canada (Mountain Cairns: A series on the history and culture of the Canadian Rocky Mountains) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) White Mountain Guide: AMC's Comprehensive Guide To Hiking Trails In The White Mountain National Forest (Appalachian Mountain Club White Mountain Guide) My Side of the Mountain Trilogy (My Side of the Mountain / On the Far Side of the Mountain / Frightful's Mountain) Wild Men, Wild Alaska: Finding What Lies Beyond the Limits (Wild Men, Wild Alaska Series Book 1) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) The Best Rocky Mountain National Park Hikes (Colorado Mountain Club Pack Guide) A Rocky Mountain Romance (Wyoming Mountain Tales Book 2) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

