



Nature's Garden: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants

By Samuel Thayer

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A detailed guide to 41 of the most widespread wild foods in North America, covering how to find and identify them, which parts are used, when and how to harvest them, and how to prepare them for the table. The cultural and natural history of the plants are also discussed. There is no overlap between the plants covered in this book and The Forager's Harvest.

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Editorial Review

About the Author

Samuel Thayer is an internationally recognized authority on edible wild plants who has authored two award-winning books on the topic, *Nature's Garden* and *The Forager's Harvest*. He has taught foraging and field identification for more than two decades. Besides lecturing and writing, Samuel is an advocate for sustainable food systems who owns a diverse organic orchard and harvests wild rice, acorns, hickory nuts, maple syrup, and other wild products. He lives in rural northern Wisconsin with his wife and three children.

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