



Edible Wild Plants: Wild Foods from Dirt to Plate

John Kallas

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Imagine what you could do with eighteen delicious new greens in your dining arsenal including purslane, chickweed, curly dock, wild spinach, sorrel, and wild mustard. John Kallas makes it fun and easy to learn about foods you've unknowingly passed by all your life. Through gorgeous photographs, playful, but authoritative text, and ground-breaking design he gives you the knowledge and confidence to finally begin eating and enjoying edible wild plants. Edible Wild Plants divides plants into four flavor categories -- foundation, tart, pungent, and bitter. Categorizing by flavor helps readers use these greens in pleasing and predictable ways. According to the author, combining elements from these different categories makes the best salads.

Edible Wild Plants: Wild Foods from Dirt to Plate Details

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From Reader Review Edible Wild Plants: Wild Foods from Dirt to Plate for online ebook

Jasmine says

Beautiful, accessible book.

Plenty of pictures to help in identifying, and lots of recipe ideas that will help you on your creative-cooking way.

This book changed the way I look at the "weeds" around me. If Viggo would have had this book, he would not have had such a hard time of it on The Road.

Jessica says

Very descriptive and thorough. He only covered greens, but he writes that he intends to do a series. The only foraging book I have found that I think I would be completely comfortable taking with me in the wilderness and identifying a food to eat. So detailed.

Slugs Youth says

This book recently appeared on my household's field guide shelf, much to my excitement. I'm always interested in learning a bit more about wild edibles, and this book is hands down the best and most practical field guide to wild foods I've found.

John Kallas grew up in a suburban neighbourhood where he spent much of his time practicing his outdoor skills and eating whatever wild foods he could find. In college, he pursued a science degree while taking courses in wilderness survival, nutrition and edible wild plants, and spent his summers traveling through along back roads of the European countryside, foraging food and learning about the each region's traditional foodways. Over the years, he completed degrees in biology and zoology, a master's in education, a PhD in nutrition, and obtained training in botany and nature photography. He has been teaching about wild foods since 1978. Which is to say, he is a guy who knows his wild foods.

Kallas was disappointed in most available wild food guides, finding them to be broad summaries of edible foods, without enough information on the appearance of plants in all their various different stages, and lacking detailed information on how to prepare the foods (let's face it, wild foods are a lot more appealing if they are palatable, not just edible). He wrote Edible Wild Plants: Wild Foods from Dirt to Plate to remedy these shortcomings, and I think he did a damn fine job. This guide is chock full of good quality colour photos and detailed descriptions, which made me feel confident that I could actually successfully identify the plants I was learning about. Also, he includes lots of detailed recipes and cooking instructions which give a clear picture of what the foods will taste like and how to best use them. Almost all of the recipes looked delicious, not just edible. I would be totes stoked to chow down on a chickweed burrito, faux gumbo or vegan meringue made from mallow, curly dock pie filling, sheep sorrel pesto, wood sorrel ice cream topping or or any one of a ton of tasty recipes included.

Amy says

Whether you are a foraging enthusiast, or simply have a budding interest in botany or gardening, this book is for you. John Kallas covers a wide variety of wild greens and informs the reader about important stages in plant development.

Each plant described in this book has its own chapter filled with beautiful color photographs, maps, and engaging description to help even the most novice of enthusiasts. Kallas even provides information about poisonous look-alikes, as well as nutritional information. With this great reference in hand, a wild food adventurer can up their game both in the wilderness and in the kitchen.

Katrina Morris says

This book is SO informative and unlike many plant guides, it has excellent, clear pictures of the plants in various stages and seasons. I bought the book directly from the author after a wild edibles hike that he guided. He's very hands on and experience-oriented which I think is one reason the book is so informative. If you pay attention, you will never mistake a plant.

Virginia Messina says

I went to grad school with John and have tasted many of his wild food concoctions over the years. I'm not surprised that he wrote such an excellent book on this subject. It's a great starter guide--beautiful photos and extensive info about a small selection of easily-found wild foods. You'll find most of them in your back yard.

Steven Allen says

Although I am not a prepper, I do believe in collecting books on edible foods just in case. Not that I am planning on having to scrounge to feed my family, but the information is nice to have. I also prefer to have a physical book rather than an electronic copy as if one of the many mass disaster scenarios strike than there will be no power to run computers.

I also enjoy books about food history. While *Edible Wild Plants: Wild foods From Dirt to Plate* does not contain a whole lot of food history, there are some interesting food tidbits included.

I do sometimes enjoy collecting food in the wild. As a kid we collected many five-gallon pails full of western mountain elderberries. I'd still like to go to the places we collected elderberries in my youth and gather berries with my children passing on the knowledge and having fun with my kids. I learned in *Edible Wild Plants: Wild foods From Dirt to Plate* that the elderberries bunches we collected as kids which we tossed uncleaned and unsorted into my grandfather's steam juicer, contained cyanide and other toxins in the stems, bark and leaves. I wonder if that is why my grandfather's elderberry wine tasted so horrid?

As a kid I watched leaves, stems and whole bunches of elderberries disappear into my grandfather's juicer. I wonder if we actually washed and sorted the elderberries, removing the stems and leaves (and earwigs), the

elderberry juice might taste much better.

I enjoyed *Edible Wild Plants: Wild foods From Dirt to Plate* and am glad that my wife found a copy for sale at the local library. *Edible Wild Plants: Wild foods From Dirt to Plate* is a great addition to our reference and writing sourcebook shelves. I write a lot of geofiction and use books such as *Edible Wild Plants: Wild foods From Dirt to Plate* for ideas when world creating.

Leonard Mokos says

Why hike your local woods when you can eat them too? Om nom nom...

Angela Corcoran says

the recipes look soooo yum! there are a ton of pictures and great info.

Melody says

Oh, this is splendid! It has photos of many variations of leaves for each plant, and lots of interesting digressions on each sort of plant. This is the book you want to have in your library after the war. Or after peak oil. Or after the government collapses. Pick your dystopia, but buy this book first.

Well-photographed, well-explained, well-written- this is one for the permanent collection.

Lisa Vegan says

This book probably deserves 5 stars. Anyone who has access to outdoor area(s) with weeds, knows botany or has the patience to bring this book during foraging expeditions, those who have an interest in eating wild greens, those especially interested in edible wild plants, for all the above, I consider this a 5 star book.

The author is well educated and knows his stuff. He's incredibly engaging. He hunts for and eats wild foods and gives all the information needed for others to do the same. He's very passionate about the subject.

This is a gorgeous book. It's a paperback but it's very heavy. The layout is attractive and easy to read. The photos are spectacular.

Should it be called wild greens though? It's mostly greens that are covered, some flowers. No mushrooms, not even morels. I'd have loved to learn more about morel mushrooms!

Included are amazing photos, including of all the plants covered, seen at their various growth stages, which is a necessary inclusion, it turns out. There are also photos of foraging tools, and of dishes made from wild foods. Many contain flesh and other animal products and I found them unpleasant to view, but they're sure to interest the other 97%-99% of the population. Information about how to harvest and cook each plant are given too. Estimated nutritional information is given for each plant too.

Each plant covered includes their family name, their species name, and some edible look-alike and poisonous look-alike plants. etc. information of importance about each plant. Their estimated range of growth is given re shading in a map of the U.S. and Canada, and I noticed that most plants thrive throughout the U.S. and southern Canada.

I live in the city, but yes there are parks and I'm not far from "wild" areas, but I am a dunce at botany. Though I have interest in it, I'm illiterate in the subject. I learned a lot as I was reading this book, but I know I won't remember the helpful details; I'd have to carry this book with me and peruse those photos extremely carefully. And I don't have the patience. Should poverty or should some natural or human made disaster strike, perhaps I'd get more motivated. However, for many people, this book is full of practical information. It's not the book's fault that I'm probably not one of those people. Anybody with a garden and an interest in wild plants (weeds!) will get a lot out of this book. Ditto for those who live near to where wild plants grow.

I particularly enjoyed a few of the "tidbits" included. I especially loved the section about making marshmallows (and s'mores!) from the mallow plant and using the stalks of dandelion flowers as straws.

My favorite thing is that Kallas has invented a word: agrirotrophytology, a definition of the study of wild food plants.

The main thing I took away from me is the author's brilliant suggestion that farmers stop trying to get rid of "nuisance plants/weeds" and instead create a market for them and sell them to stores and consumers for consumption. A whole world of food is currently going to waste.

Carrie Elsass says

This book is an incredible resource for for those who want to make use of commonly found wild greens. The photos and descriptions are the best I've seen for identification purposes, and the author also discusses nutritional content when known. In addition, he gives excellent tips on preparation and even includes recipes. It is so comprehensive in terms of information on each plant, however, that relatively few greens are covered. I hope Dr. Kallas will add more in this series in the future, covering more wild edibles.

Coen says

I took a wild edible 3 hour workshop at Mt Tabor a few days ago. John Kallas, Ph.D. was the instructor. I instantly fell in love with his teaching. He has a very honest and true aura surrounding him. After the workshop I instantly bought his book. I am LOVING it so far. Finally, a very thorough wild edible book with amazing photos. Now this is a guide worth purchasing. Visit him at <http://wildfoodadventures.com/>.

Justin says

Good scope of plants, not enough identification information, not too much medicinal information

Amy says

John's written an excellent book that is immensely useful to me for two reasons:

First, The book focuses on weeds that are edible. Almost every one of them he's described is on my property, and eating them is a much more sustainable way to control their spread.

Second, he's written extensively about why plants are non-palatable in many stages. I've tried may "wild" edibles and found them too bitter or frankly disgusting, which leaves me wondering if the folks that advocate consumption are fanatics who simply reject modern farming practices. This aspect of the book is useful not just in eating wild foods, but gardening AND purchasing vegetables in the supermarket in general. Now I know why it's possible that some vegetables I've attempted to eat or grow have tasted disgusting to me when they are regarded as very good in literature and I can give them another shot.

Very well done, and I'm looking forward to the next installment.
