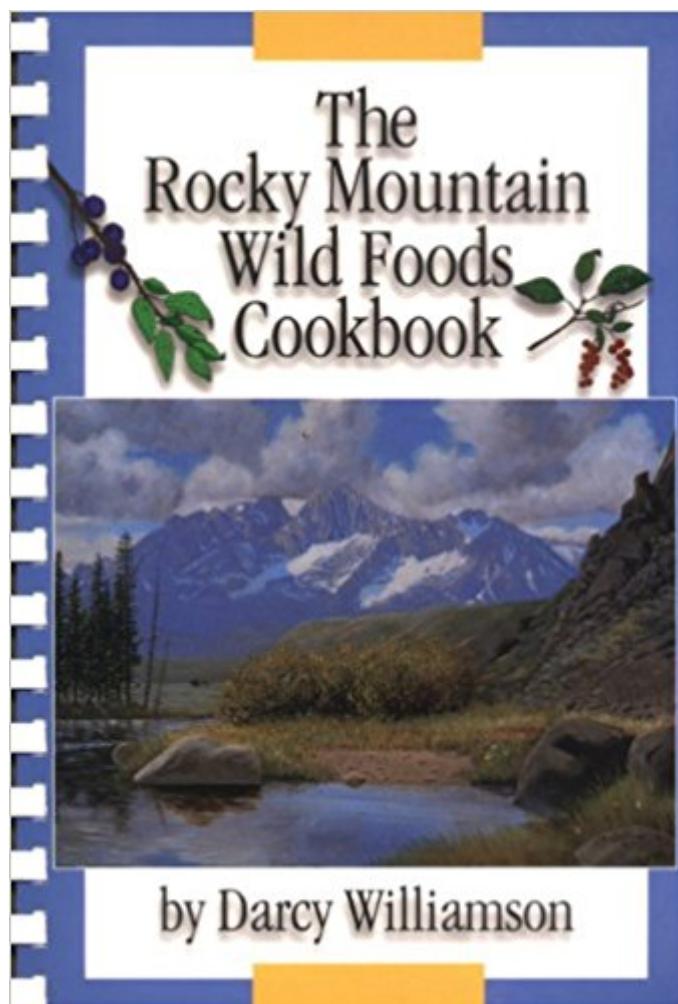


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# The Rocky Mountain Wild Foods Cookbook



## **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**

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## **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 selection 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 versitile 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.

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