



Food for Free

Richard Mabey

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Food for Free

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Food for Free Richard Mabey

The classic foraging guide to over 200 types of food that can be gathered and picked in the wild, Food for Free returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition.

Originally published in 1972, Richard Mabey's classic foraging guide has never been out of print since. Food for Free is a complete guide to help you safely identify edible species that grow around us, together with detailed artwork, field identification notes and recipes.

In this stunning 40th anniversary edition, Richard Mabey's fully-revised text is accompanied by photographs, new recipes and a wealth of practical information on identifying, collecting, cooking and preparing, history and folklore. Informatively written, beautifully illustrated and produced in a new, larger format, Food for Free will inspire us to be more self-sufficient and make use of the natural resources around us to enhance our lives.



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