



## The Wild Food Cookbook

*By Roger Phillips*

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**The Wild Food Cookbook** By Roger Phillips

**Photographer and author Roger Phillips has compiled a wide-ranging, delectable guide to finding and cooking wild foods. Unlike other books that focus on foraging, Phillips gives detailed recipes and preparation instructions that are critical to cooking and enjoying wild foods.**

Phillips provides an appetizing and attractive selection of recipes using the many plants, mushrooms, and seaweeds that are edible. Photos help bring these possibilities to life. Recipes range from syrups and teas to main courses. As we are beginning to rediscover the deep nutritional value of wild foods, the missing ingredient until now has been a reliable guide to deploying these healthy, natural ingredients in the kitchen. The Wild Food Cookbook will admirably fill that niche.

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## **The Wild Food Cookbook By Roger Phillips Bibliography**

- Sales Rank: #918991 in Books
- Published on: 2014-07-28
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .60" w x 8.10" l, .0 pounds
- Binding: Paperback
- 192 pages

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## **Editorial Review**

### About the Author

Roger Phillips is the author of many books, including *Trees of North America and Europe*. He lives in England.

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