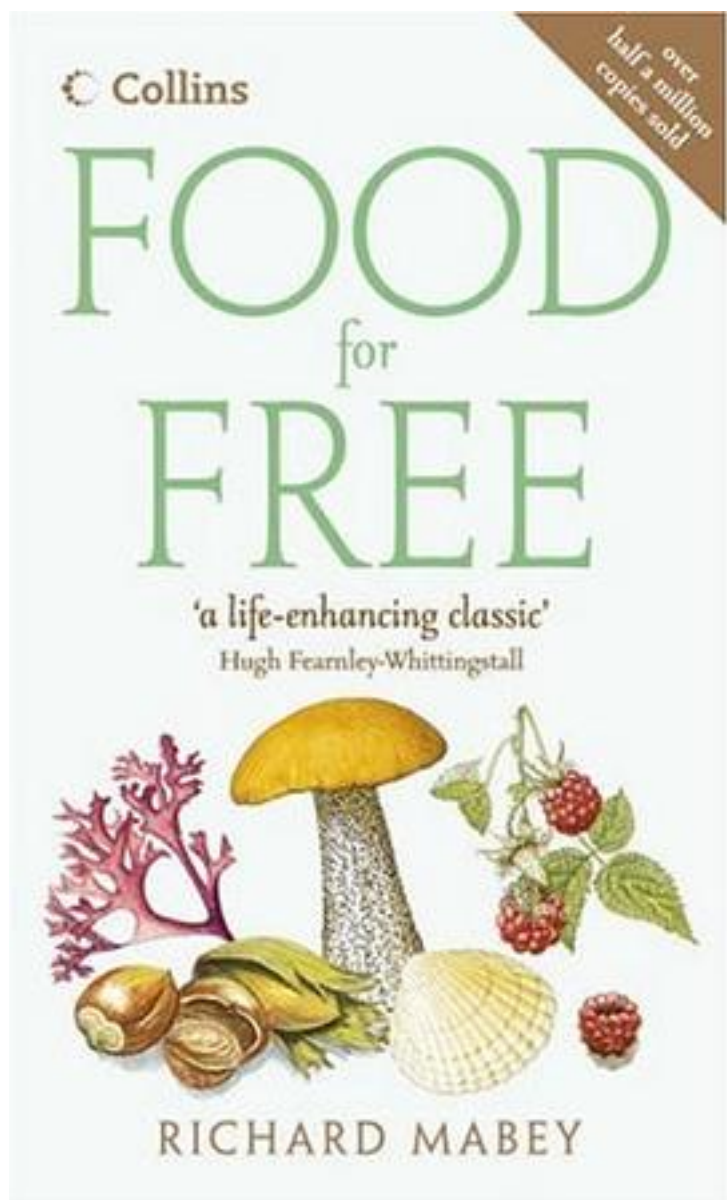


Food for Free



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著者:Richard Mabey

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A complete guide to help you safely identify edible species that grow around us, together with detailed artworks, field identification notes and recipes. First published in 1972, this updated edition of Richard Mabey's cult bestseller has been revised to reflect the ever-increasing eco-awareness and popular interest in finding different, and more natural, sources of food. Each of the 240 types of fruit, nut, flower, seaweed, fungi and shellfish featured has its own identification field notes and artwork. Understand and learn about the fascinating edible species that you may come across and, with the help of the numerous recipes also included, find out the best way to pick and enjoy them. Beautifully illustrated and written, 'Food for Free' will inspire you to take more notice of the natural harvest that surrounds us, learn how to make use of it and conserve it for future generations.

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