



Front Yard Forager: Identifying, Collecting, and Cooking the 30 Most Common Urban Weeds

Melany Vorass

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CLICK HERE to download the first two chapters from *The Front Yard Forager*

- * It doesn't get any more local than your own front yard!
- * Delicious and nutritious original recipes featuring horsetail, wild fennel, chickweed, and more
- * Many weeds pack a greater nutritional punch than store-bought vegetables

The Front Yard Forager brings DIY harvesting right to your door, making foraging easy, accessible, and fun for everyone even in the middle of the city or suburbia. From the yard to the parking strip, in city parks or along municipal thoroughfares, food is abundant and free for the taking!

The Front Yard Forager invites all of us to take control of our food by entering into the fun and delicious world of foraging. A concise field guide and recipe book, it showcases the 30 most readily found edible urban weeds. From dandelion to day lily, nipplewort to nettle, and pineapple weed to purslane there's a salad bowl full of fresh edibles just waiting to be collected and put to good use. Each plant profile features an easy-to-use field identification guide, including photographs, as well as where to find the plant and what to do with it in the kitchen. Recipes range from simple and classic to practically gourmet, while introductory chapters and sidebars cover the hows and whys of foraging: ethics, nutritional information, harvesting, precautions, and more.

Written by Seattle's **Melany Vorass**, a longtime instructor of urban foraging, *The Front Yard Forager* brings DIY harvesting right to your door, making foraging easy, accessible, and fun for everyone—even in the middle of the city—or suburbia.

Winner of the Nautilus Awards 2014 "Better Books for a Better World" Silver Award!

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