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Flannel John's Foraged Food Cookbook: Harvesting Nature's Groceries (Cookbooks for Guys) (Volume 49)

Tim Murphy

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In Tim Murphy's 50th cookbook he reminds everyone nature is a grocery store...hunting, fishing, gathering and foraging. The best part of foraging for ingredients is they're free. If you want to try "living off the land" this is a jumping off point. So dip a toe, or tongue, into dishes like Fiddlehead Stew, Creamed Chickweed, Dry Roasted Grasshoppers, Hickory Milk, Lemon Balm Sun Tea, Steamed Milkweed Pods, Cricket Flour and Maple Tree Seeds.

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