Edible Wild Plant, etc. Bibliography

This bibliography is intended to include all books published in the English language on this subject. It also includes a sampling of books containing information on wild medicinal herbs, mushrooms, fin and shellfish, game animals, poisonous plants and other uses for wild plants.

* = recommended; ** = especially recommended

  •16 pp. of photos, mostly in color
  •extensive bibliography

  •includes 200 color photos


  •a one-volume edition of two earlier books: Free for the Eating and More free for the Eating Wild Foods
  •good recipes for some plants
  •quite comprehensive coverage of Eastern plants; includes common Western U.S. edibles as well

  •good format; plants are arranged in alphabetical order by common name, with a one-page narrative description on the left side, and a color illustration on the right side
  •116 species, therefore, leaves some out
  •good descriptions, recipes are sketchy
  •good single source


  •sequel to Free for the Eating
  •great color photos of mushrooms and people enjoying them
  •entertaining reading; great anecdotes
  •although focusing on Western mushrooms, some species covered can be found in the East

  •well-regarded by mycophiles
  •good color photos for some entries
  •author writes in technical yet laid-back and humorous style
  •emphasis is on West Coast mushrooms

  •also published in French with its companion book, Indian Recipes, under title: *Recettes indiennes st survie en foret*


  •includes info on camping as well as foraging

  •focuses on edible and useful wild plants of Scotland, many of which were growing in the author's yard
  •b/w and color illustrations are a little on the stylistic side (not good for field identification)

  •covers domestic and wild flowers, color photos

  •republished by New York: Lyons and Burford in 1994

  •the three dozen or so species described are relatively easy to find and identify and are among the better-flavored plants
  •a decent b/w illustration and at least one recipe is provided for each plant
  •authors are from West Virginia and the plants covered can be found there
  •some info on nutritional values

  •focuses on plants found in Britain, many of which occur in the U.S. as well
  •plants and recipes are presented in alphabetical order by its British common name, which may differ from its American name
•each of the approx. 160 plants covered is illustrated with a modest b/w line drawing (not that helpful for field i.d., but this is a recipe book after all)

•focuses on British plants
•also wrote a book entitled Plants Unsafe for Winemaking (1972)


•includes natural as well as wild foods

•the book contains good color photos of most of the mushrooms discussed; unfortunately the photos are small and are difficult to match up with the narrative description of the corresponding mushroom

•good beginner's text (but several of the species have since been reclassified and given new latin names)
•good discussion of edibility and other characteristics

•covers edible, useful, medicinal wild plants
•color illustrations
•includes bibliography

•some b/w and color illustrations
•field guide and recipe book


Bleything, Dennis and Ron Dawson  Edible Plants in the Wilderness (Volumes 1 and 2).  Manning, OR: Life Support Technology Inc.  c1972 61 and 64pp. Softcover (pocket size).
•part of the Out of the Wilderness Pocket n' Pak Library series
• illustrations by well-known local artist Anne Kilham

• focuses on wild foods found in Canada  
• covers approx. 100 wild plants

• cookbook and field guide

• beautifully printed  
• arranged by season  
• lots of good recipes  
• authors live in Rockport, MA and plants in the book can be found in that area

• illustrations by Sue Reid


• contains good photos and descriptions of over 700 herb species from around the world, both wild and cultivated

• very comprehensive  
• book is organized by time of year and habitat  
• good b/w illustrations of each plant  
• numerous and good recipes

• good b/w illustrations by the author  
• a recipe is provided for each of the 25 plants presented  
• contains a number of personal anecdotes, among which is the story of when Brill was arrested in Central Park for eating dandelions and how the subsequent negative publicity eventually led to the City's hiring Brill as a resident naturalist


- includes wild food recipes


Burt, Calvin P. and Frank G. Heyl *Edible and Poisonous Plants of the Eastern States*. Deck of 52 plastic plant identification cards, with color photographs. Lake Oswego, OR: Self-produced. c1973

Burt, Calvin P. and Frank G. Heyl *Edible and Poisonous Plants of the Western States*. Deck of 52 plastic plant identification cards, with color photographs. Lake Oswego, OR: Self-produced. c1970


- 96 color photos on center section of plates, and line drawings


- includes some newspaper/magazine articles
- most books listed are included in this (my) bibliography as well


- focuses on British flora


- covers edible wild forest plants of India


- b/w line drawings; no recipes


Cheetham, Scooter and Michael C. Johnson *The Useful Wild Plants of Texas, the Southeastern U.S., the Southern Plains, and Northern Mexico*. Austin, TX: c1995 ___pp.

- color illustrations
Choyce, Lesley  Edible Wild Plants of the Maritimes.  Wooden Anchor Press.  [No other biblio. info available at present - Joe Freitus owns a copy]

• focuses on wild plants available in Minnesota
• recipes are sorted by type of finished product (soup, salad, dessert, etc.)


• focuses on medicinal herbs that can be gathered from the wild in the Northeastern U.S.


• color illustrations

• very comprehensive, covers about 4,000 species, including many that are of marginal edibility
• includes etymology of botanical names, geographical distribution, edible and medicinal uses
• b/w illustrations of some plants
• author is French/Swiss and multi-lingual; has published similar books on European edible wild plants


Cox, Paul Alan and Sandra Anne Banack  Islands, Plants and Polynesians: An Introduction to Polynesian Ethnobotany.  Dioscorides Press.  c1991  228pp.
• 16 b/w photos


- covers 20 common species, with several recipes for each
- good b/w illustrations

- extensive bibliography
- includes seaweeds and some common edible mushrooms
- small but helpful b/w illustrations and color photos


- author is third-generation chief proprietor of Joe's Restaurant in Reading, PA, featuring wild mushrooms

- includes bibliography

- nice color photos


- the "Roadside Naturalists" were a local wild foods club formed by students of Mr. Jerry Elliston at Rend Lake College in southern Illinois
- entries are listed alphabetically by common name and cross-referenced by season of availability
- contains quite a few recipes
- includes a good code of foraging ethics

- revised version of the 1970 slide set entitled *Edible Wild Plants of the Temperate Lowlands*

- accompanying volume to the slide show listed above
- good b/w line drawings and small color photos (reproductions of the slides) and identical sticker set
- intended and formatted as an educational tool for classes, esp. at the secondary school level

• revised version of Health, Happiness and the Pursuit of Herbs

• contains info on approx. 100 edible and 60 poisonous plants  
• focus is on Western flora, but many of the plants described grow in the east as well  
• good color photos  
• has info on outdoor first aid and survival skills

Dawson, Ron  Wilderness is...Edible Plants, Volumes 1,2,3.  Enterprise, OR: Self-published.  c1972  ___pp.

• focuses on shellfish

• main thrust is on plant description and lore  
• discusses edible, medicinal and utilitarian uses

• a cookbook; contains a small section (pp. 123-138) containing recipes featuring edible wild plants and mushrooms


• contains over 40 "chapters" each focusing on a particular plant (and a few mushrooms), including personal anecdotes and recipes  
• Blanche, a high school art teacher, drew marvellous and somewhat fanciful illustrations for the book, choosing a relevant "theme" drawing to head each chapter


• most of the 25+ plants covered can be found outside Florida as well  
• illustrations are a bit on the rudimentary side, and some species aren't illustrated  
• plants are presented somewhat randomly, and listed by edible portion/preparation

• covers 525 species, most found worldwide
• good color in situ photos


• author's motivation for writing the book is that modern society is charting a dangerous course by depending almost exclusively on a relatively few species of mass-cultivated crops, thus rendering it vulnerable to shortages, price increases and nutritional deficiencies
• entries include cultivatable as well as wild species
• although the book contains considerable valuable information on hundreds of species, they are presented in an informal and awkward fashion; plants are listed in the text by their (usually British) common names, not in alphabetical order, and one must constantly consult the index to find the corresponding Latin name; furthermore, plant families, especially important in a wide-ranging work such as this, are usually not indicated.
• good b/w illustrations for some species


• discusses the edible, medicinal and other uses of approximately 20% of the plants of Amazonian Peru

• contains lots of info on medicinal and nutritional values
• good b/w line drawings
• author is currently employed by the USDA and is considered one of the foremost researchers on medicinal and nutritional values of plants throughout the world


• includes extensive bibliography

- part of the Invest in Living series
- focuses on plants found in Great Britain
- includes some recipes

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- focuses on plants found in Great Britain
- includes some recipes

- well-organized, by season
- good color photos
- contains a small section on poisonous plants

- earlier version of author's 1990 Sterling Pub. book


- nice b/w illustrations of the roots of each plant discussed

- good compilation of over one hundred sources ranging from academics to early European explorers' accounts
- may be a republication of *Use of Plants - For the Last 500 Years*, published by Breezy Creeks Press in 1979

- a compilation of scientific articles, most dealing with ethnobotanical themes

- approximately one-third of this comprehensive volume is devoted to edible wild plants
- includes extensive bibliography
- also available in computer disk format


Farnsworth, Kahanah *Going to Seed: Finding, Identifying and Preparing Edible Plants of the Southwest*. Santa Fe, NM: Ancient City Press. [expected date of publication: June, 1999]

  •still considered to be one of the foremost works on this subject
  •comprehensive coverage
  •good botanical drawings, but some plants aren't illustrated
  •reissued by Dover Press in 1996 after being out of print for many years
  •extensive bibliography containing references to a number of books from the 1800s and earlier

  •an unusual book, focusing on the use of wild plants to assist hunters and anglers; some info on edibility
  •plants are shown in b/w photos and/or illustrations


  •good verbal descriptions and color photos
  •mouth-watering recipes, many contributed by Mrs. Bessette
  •entertaining personal anecdotes in the margins


  •book has several shortcomings, the most notable of which is that no scientific (Latin) names of the plants are provided
  •the plants discussed are grouped by edible portion, not an optimal arrangement for a field guide
  •decent color illustrations


  •part of the Peterson Field Guide series
Fox, Francis William and Marion Emma Norwood Young  *Food from the Veld: Edible wild plants of southern Africa botanically identified and described*. Johannesburg, South Africa: Delta Books.  c1982  399pp.


• focuses on Great Britain flora

• author is an environmental science teacher from Groton, MA with over twenty years experience in teaching outdoor environmental skills

• good b/w illustrations
• the numerous recipes are sorted in traditional cookbook fashion by the type of dish made from them (soups, casseroles, desserts, etc.)
• one drawback is that although plant illustrations and recipes are indexed separately, there is no cross-referencing for the plants themselves, so if you have a plant and are wondering what to do with it, you need to scan through each prepared dish category to check for applicable recipes

• the four dozen plants discussed are presented in alphabetical order by common name


• info on 42 species common to the Pacific Northwest

• covers wild game and fish as well as edible wild plants

• includes bibliography

• No. 1 of the "Trail of the volunteer vegetable" series

• includes more than 75 dandelion recipes


• author grew up in Provence (France) and now lives south of Montreal; the 40 or so plant and mushroom species covered in the book can be found in that region
• contains dozens of recipes utilizing these plants/mushrooms, ranging from simple to complex preparations
• features numerous gorgeous close-up color photos of wild plants and mushrooms and the gourmet dishes prepared from them

• primarily a recipe book
• covers about five dozen edible wild plant species
• good b/w illustrations

• includes bibliography
• includes info on edible wild plants and wilderness survival

• has writeups on 15 edible wild plants
• b/w line drawing illustrations by the author

• as the core of the book, several reference sections on "the 251most important edible wild plants" worldwide, includes quite a few (over 25%) domesticated fruits, vegetables, etc., the title of this book is misleading
• many color photos and illustrations
• includes chapters on medicinal and poisonous plants, ethnobotany and evolution, much of which bears little relevance to edible wild plants
• minor inclusion of wild mushrooms
•a field guide for finding, harvesting and cooking wild plants, arranged by season.  
•this book was the source of info for George's Acorn Pancakes, Dandelion Salad, and 38 Other Recipes.  64pp,  Hardcover, published by HarperCollins in 1995

•focuses on edible wild plants of coastal Maine  
•the hardest-to-find of Euell Gibbons' books

•A book about foraging in Hawaii

•Gibbons died in 1975 while this work was underway, and Tucker was recruited to complete the book while in college and graduate school  
•all entries are illustrated are by Freda Gibbons, Euell's widow  
•quite comprehensive, covers most of North America, and includes many plants not ordinarily encountered in other books  
•preparation methods and some simple recipes are provided  
•plants are grouped by families and presented in standard botanical taxonometric order

•Focuses on shellfish, but good info on seaweeds and shoreline edible wild plants of both coasts.

•more enthusiastic stories about foraging expeditions in the Southwest, Maine, San Francisco, etc.


•The first of Gibbons' books, and probably the most useful  
•well-organized, plants are for the most part sorted alphabetically

•a wonderful old book, with color plates, oriented toward "pot-hunters" (those seeking to collect edible mushrooms for the cooking pot).  
•offers a good peek into turn-of-the-(19-20th)-century mushroom hunting  
•author is from New England, and the thirty mushroom species discussed in the book can be found there


Gilmore, Melvin R.  *Uses of Plants by the Indians of the Missouri River Region.*  University of Nebraska.  c1991  156pp.


  •discusses the edibility of a number of species found on the island
  •includes bibliography


  •429 photos (many in color)

  •companion volume to *Poisonous and Hallucinogenic Mushrooms*
  •explains English meanings of latin names
  •all 36 species in the book are edible and photographed in color


  •good b/w illustrations
  •gives preparation methods but no recipes
  •modest section on poisonous plants

  •includes extensive info on wild fish and game
  •attractive stylistic b/w illustrations are nor suitable for field identification
  •entries are arranged both by type of food and type of preparation (a bit confusing), but the extensive index is helpful

• includes wild fish and game hunting as well as plants
• entries are arranged by season of availability
• contains a number of interesting personal reminiscences
• extensively and attractively illustrated by the author's daughter

  • part of the Wilderness Album series


  • focuses on edible shellfish, but contains some info on seaweeds


  • good illustrations
  • includes extensive bibliography

  • an abridged version of  *Edible Native Plants of the Rocky Mountains*

  • author is from New England, so the plants of that region are covered extensively
  • some interesting historical details
  • plants are presented in alphabetical order by common name
  • no illustrations


  • focuses on plants found in Great Britain


  • this video follows Ila through the woods with a group of foragers as she discusses the uses and folklore of over 75 plants
  • Ms. Hatter teaches courses in  Edible Wild Plants at the John C. Campbell Folk School in Asheville, NC

this is an extensive compilation of many years of written research by Dr. Edward Lewis Sturtevant on wild as well as cultivated plants used as food by people all over the world

*sorted alphabetically by genus*


- discusses the author's experiences with about four dozen common edible wild plants
- b/w photos (by the author) of each plant
- recipes are provided for most plants discussed


- author is from VA and four dozen plants described in this book can be found there
- nice b/w illustrations of each plant
- several pages of narrative on each plant, sorted by season of availability
- includes some recipes

- focuses on edible shellfish and finfish, but devotes ten pages to seaside plants and seaweed
- filled with useful information for finding and catching
- entries arranged by region and then by habitat
- a good West Coast companion or alternate for Gibbons' *Stalking the Blue-Eyed Scallop*

Hsu, Chiao-mu *Illustrated Edible Wild Plants of Taiwan*. 1980 [no other information is currently available; a copy is in the Yale University Library system ("SML, Stacks, LC Classification, call # QK98.5 T287 H77 1980])


- contains over 340 recipes for wild edible plants, fruits, fish and seafood, and small and big game animals

- manual for preparing and cooking wild vegetation and animals in camp and at home

- good color photos of mushrooms (not in situ) and prepared recipes


   •attractive and user-friendly book

   •contains a sizable chapter (pp. 367-402) in the Woodcraft volume entitled "Edible Plants of the Wilderness"

   •contains good color illustrations

   •all 400+ entries attractively illustrated in color (no photos)
   •one significant drawback is that almost no common names are supplied, limiting the book's utility for beginners

   •includes extensive bibliography
   •good b/w illustrations and central U.S. range maps for each species

   •a bizarre little book, with a rambling introduction and a meager collection of recipes; not recommended
   •two companion works by the author are *Winemaking and the Winemaker* and *Wild Berry Wines, Colas and Home Made Whiskeys*, equally bizarre

   •some color and b/w illustrations
   •part of the Prentice-Hall Biological Science series


   •plants only (no wild meats)
   •well-organized recipes
   •organized by season
   •especially good for south midwestern plants
- includes a precautionary introduction using ginseng as an example of the dangers of overharvesting
- includes a nice write-up and b/w illustration of each of the 70 or so plants covered
- recipes for most plants are provided

- 49 b/w and color plates of plants discussed
- includes recipes

- 280 wild plant species are described, including identification tips, habitat, season(s) of availability, edible part(s), preparation methods, herbal and nutritional values

- republished as  *Drinks from the Wilds* in 1996
- includes bibliography

- b/w line drawings


- covers 272 medicinal plants found in the U.S., each illustrated with a b/w photo and/or drawing


- extols the virtues of country living, esp. the Taconic foothills along the N.Y-Mass. border
- contains some nice wild food recipes and color photos, many of which are by Roger Phillips
- contains (on p.90) an edible wild plant rarity/ecological impact of harvesting ranking prepared by me
• contains 53 photos and 41 illustrations


• includes bibliography

• good color and b/w illustrations by the author  
• includes recipes contributed by fellow Islanders  
• includes common edible mushrooms


• illustrations and photos, some in color


• very good photos, grouped by similar field characteristics.  
• still among the most popular books used by mushroom hunters in the field.


• great color photos  
• includes edible wild animals as well


Lumpkin, Beryl  *Eating Out "Naturally" in Appalachia.* [No other biblio. details known at this time.]
  *this book explores the varied wild foods of the southern mountains
  *Ms. Lumpkin is an instructor at the John C. Campbell Folk School in Asheville, NC

  *b/w illustrations; some color plates
  *includes bibliography


  *covers edible wild plants and shellfish of Great Britain
  *includes bibliography
  *many interesting recipes

  *includes 8 colour plates and 79 line drawings by Marjorie Blamey
  *also published by New York: Universe Books, as *Plantercraft: A guide to the everyday use of wild plants,* in 1978

  *contains recipes for wild and cultivated flowers from throughout history
  *detailed bibliography

  *b/w drawings by the author
  *includes bibliography


  *entries are listed alphabetically by Latin name
  *good line drawings; could be used as a field guide
  *includes many edible wild species

  *focuses on flora of British Columbia


  *includes bibliography


  *contains detailed info on 52 species readily found in New England


  *one-page descriptions and nice b/w illustrations of more than 50 plants, most of which are found further south as well

  *focuses on Pacific Coast seaweed, but some species have Atlantic/Gulf Coast counterparts
  *entries are presented alphabetically by genus
  *includes bibliography


  *This is a republication of a book originally published in 1902.  No photos, and drawings are sparse, but it is a comprehensive and heavy book (even in paperback).

  *some b/w and color illustrations
  • focuses on Western mushrooms, but is easily readable
  • good b/w and color photographs

  • part of the Peterson Field Guide series
  • most mushrooms are drawn in color (some b/w)
  • many of the common names in the book were coined by the authors themselves

  • contains extensive interview of Euell Gibbons (which, I believe, had appeared in *The New Yorker* magazine the previous year)
  • remainder of book is not relevant to this topic


  • b/w line drawings

  • one of the first books written on this topic, it is still one of the best, with interesting clues about the role of wild edibles in American life before World War II, when many wild crops were frequently sold in markets and were well-known and loved by country and even some city folk, and when foraging was a popular pastime among boys and girls.
  • entries are sorted by roots, fruits, seeds, potherbs, etc.

  • includes good set of foraging rules
  • entries are arranged by height, with alphabetical common/scientific and food uses indexes at the end
  • good b/w illustrations and recipes for each plant
  • 100+ plants covered in this book are found throughout the Northeast


Mellinger, Marie *Roadside Rambles* [Date? Publisher? etc.?]

  • exquisite color photos and supporting text descriptions of various people preparing and eating insects throughout the world
•quote from back cover: "I'm sure I would love this book, if I could read it without throwing up" - Dave Barry


•includes info on medicinal values and AmerIndian uses


•covers the same plants as the author's *Edible Wild Plants: Field Guide to 100 Useful Wild Herbs* video
•contains a small b/w illustration of each plant discussed
•a pocket-sized, abridged version of this book is distributed as a companion text to the video


•good large-scale color illustrations by Christobel King
•includes some mushrooms and seaweeds
•author is from England, but book covers many plants found in the U.S.


•very good color photos
•well-organized
•common names are, unfortunately, usually not provided


•comprehensive account of the plants used by Native Americans for food, medicine and other purposes
•documents more than 44,000 uses of more than 4,000 plants
•based on over two hundred source documents (all listed in the bibliography)
•no illustrations
•cross-referenced by plant species (common and botanical names), tribe, and food and/or medicinal use


• contains recipes utilizing wild and cultivated herbs submitted by 74 herbalist contributors (including me)


  • b/w photos and center section of 12 full-color photos

  • field guide to edible, medicinal and poisonous wild plants and herbs


  • focuses on Native American traditional foraging practices
  • includes bibliographic essay


Natush, Sheila  **Wild Fare for Wilderness Foragers.** Auckland, NZ: Collins.  1979  80pp. Softcover.


Nicholson, Diane  **From Field to Forest: The guide to making wild jelly.** Key Largo, FL: Terra Nova Net.  c1996  64pp.


  • focuses on edible wild plants found in southern California
  • good b/w illustrations of the 70 or so plants covered

- b/w line drawing illustrations


- b/w line drawing illustrations


- focuses on plants found in Ireland
- b/w line drawings, lots of recipes (esp. wine recipes)


- color photos of edible wild plants
- most of the book is about edible wild plants, insects and small game


- contains one chapter (pp.194-221) on selected U.S. edible wild plants


- nice color photos
- good English explanations of species names
- includes a number of species found in Europe but not in North America


- primarily a field guide to the urban weeds of Boston, contains some information on edibility
- same material appeared in _Arnoldia_ magazine in 1974


- includes recipes for wild game and fish as well as plants


- beautiful colored plates of many of the plants; b/w line drawings of others.
•also titled Country Cup: Country wines and cordials: wild plant and herbal recipes for drinks old and new, published in Ware, GB by Omega in 1983

•gives precise instructions on which part of which islands specific plant species can be found
•good plant lore and b/w illustrations, but info on edibility and uses is a bit thin, as author notes that all plants in the book are available on the mainland, and encourages readers to do their foraging there


•part of the Peterson Field Guide series
•organized by color of flower or branching habit

Peterson, Maude  How to Know Wild Fruits.  New York: Dover Publications.  [no other biblio. info at present: Joe Freitus owns a copy]

•many b/w line drawings plus center section of colored drawings


•very comprehensive: over 1000 species, all photographed in color (against a blue background, not in situ)

•enthusiastic recipes
•excellent photographs of the plants and the dishes prepared from them at the locations where the plants were harvested
•includes a good section on mushrooms


•includes bibliography
•good b/w and color illustrations

•focuses on twenty common wild plants
•focuses on the edible and poisonous wild plants of the U.S. and Canada

•focuses on species available in Florida


•b/w illustrations by the author


•wild foods cookery

Robe-Terry, Anna Lee  *Bootstraps and Biscuits: 300 wonderful wild food recipes from the hills of West Virginia*.  c1997  189pp.  
•includes wild game and plants


•includes bibliography


•illustrations (mostly in color) by Zane Carey


  - good introductory text, especially because the 50+ plants covered are relatively easy to find, although it is less precise and scientific than formal field guides (Peterson, e.g.)
  - plants are presented in random order (need to consult index in the front of the book for an alphabetical listing)
  - includes several indexes crossreferenced by habitat, season of availability and medicinal uses
  - decent b/w line drawings
  - includes some simple recipes


  - author's intended audience is children, but suitable for adult readers too
  - author writing style is engaging and includes a number of personal anecdotes
  - shaded b/w line drawings; includes recipes

  - this must be a reissue of an earlier work, as the author died in 1941


  - includes information on over seventy species
  - cursory info on preparation methods

  - nice color illustrations by the author, placed adjacent to a brief text description
  - mushrooms are listed by common name in text and by Latin name on the illustration
  • covers clamming as well as crabbing


  • condensed, pocket-sized version of Discovering Wild Plants
  • plants are arranged by habitat

  • includes good color photos, b/w illustrations and recipes for more than 150 species, some of which also can be found in eastern North America
  • also includes info on medicinal, ethnobotanical and other uses
  • well-researched; Schofield has personal experience with most entries and frequently references other authors' comments where relevant

  • helpful annotations
  • most entries were still in print as of 1978
  • 1978 prices are supplied for the still-in-print books
  • most entries are also found in this (Cohen) bibliography


  • very impressive academic compilation and analysis of books and journal articles on the values of wild plant and animal foods to Third World cultures in Africa and Asia
  • this research project is being partially funded by the World Wildlife Fund
  • contains over a thousand annotated references to ethnobotanical and related publications
  • considerable text but no illustrations

  • contains some recipes


  • color illustrations and photos (by author)
- color photos and b/w line drawings
- useful for children’s interests in wild foods as well as adult beginners


- this book recounts the author's experience living a somewhat hermitic existence on an island in Casco Bay, Maine
- the author's tales of collecting and eating wild plants on the island form a significant part of the book


- contains a nice color illustration and one-page write-up of 30 plants, almost all of which are edible
- a good brief introduction to the topic


- a compilation of the author's periodic column in a rural North Carolina paper, written in an informal style
- includes extensive information on wild game hunting, preparation and eating and survivalism as well as wild plant foraging and recipes
- not recommended for vegetarians and/or animal rights activists


- includes info on edibility, other uses, folklore  
- includes some recipes  
- illustrated (some in color)

- includes fish and shellfish  
- organized by season  
- adequate b/w line drawings  
- good recipes

- focuses on plants of the Pacific Northwest


- contains recipes and b/w photos of about a dozen plants

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- lots of good "down-home"-type recipes

- This is an "old" book (e.g., no photos, only drawings), since replaced with more modern and user-friendly counterparts.


- b/w line drawings

- a full-color photographic guide to the identification, edibility and medicinal uses of over 250 plant species extending from Alaska to southern Calif. and eastward to the Great Lakes

- Dr. Tilgner is the Director of the Pharmacy at the National College of Naturopathic Medicine in Portland, OR

- recipes for edible wild plants and greens
- nice b/w and color illustrations

- contains a touching personal remembrance of Euell Gibbons
- includes info on the edibility of a number of species not usually mentioned in other edible wild plant books


- an inexpensive, "barebones" cookbook with easy-to-follow instructions; no "gourmet" recipes or illustrations
- includes wild game recipes and preparation instructions

- focuses on wild plants found in Texas
- very well researched and documented, huge index
• illustrated (some in color)

• illustrated (some in color)

• b/w photos; description of Native American preparation techniques

*  

• comprehensive, includes cautionary information on at least six species commonly included in edible wild plant books

• this book is No. 1 of a series entitled "Edible Wild Plants of Canada"

• this book is No. 3 of a series entitled "Edible Wild Plants of Canada"
• includes preparation methods

• this book is No. 2 of a series entitled "Edible Wild Plants of Canada"
• contains bibliography

• this book is No. 4 of a series entitled "Edible Wild Plants of Canada"
• contains bibliography


• color photos


*includes bibliography


•the 25+ plants covered are generally found throughout the Eastern U.S.
•entries are listed in alphabetical order by common name
•multiple b/w photos of each plant
•extensive recipe section
•authors have taught a long-running course on edible wild plants at the University of Michigan


•comprehensive field guide to the wild plants of the Sierra Mountain Range area of California and Nevada
•brief information is provided on the edibility or lack thereof of each species, along with warnings where species are rare and/or protected.
•small b/w line drawings of many species and/or genus characteristics; no photographs, unfortunately.


•contains one section (pp.47-94) on spring edible wild plants used by country people in the Southern Appalachians


•contains chapters on ginseng (pp.245-273) and summer/fall edible wild plant foods (pp.274-353) harvested and/or used by country people in the Southern Appalachians


•as described on the cover, "The natural bounty of our countryside revealed through the rambles of a grandfather with his grandson"
Willard, Terry, Ph.D. **Edible/Medicinal Plants of the Rocky Mountains and Neighbouring Territories.** Calgary, Alberta: Wild Rose College of Natural Healing, Ltd. c1992 278pp. Softcover.
- b/w illustrations and good color photos

  - includes some recipes
  - includes info on poisonous plants
  - the author gave occasional commentaries on edible wild plants on National Public Radio's All Things Considered nightly news program


  - the author currently provides instruction on edible wild plants and related subjects on raft trips in Idaho

  - 8 pages of plates, some in color


Williamson, Darcy **Wild Wines.** Bend, OR: Maverick Publications. c1980 95pp.

  - illustrations are sparse
  - entries are listed alphabetically by species name

Wilson, David **Nature's Pantry.** Black Mountain (NC?): Lorien House. c1972 Softcover. 27pp.

  - entries are listed alphabetically by common name
  - good b/w illustrations of 50 edible and 20 poisonous plants
  - Latin and common plant family names are provided
  - good field guide, with lots of interesting facts and a few recipes

  - author hosts annual Nature Wonder Weekend featuring wild foods meals each September in West Virginia; Euell Gibbons was its first speaker in 1968

Wright, Robert H. **What Good is a Weed?** New York: Lothrop, Lee and Shepard Co. c1972 ___pp.
   • includes bibliography


   • useful as field guide and cookbook
   • covers about four dozen plants found in the Great Plains (many grow elsewhere as well)
   • plant descriptions are arranged spring-to-fall by season(s) of availability


   _________  *Edible, Poisonous and Medicinal Fruits of Central America.*  1955  [no other information is currently available; a copy is at Yale University's Kline Science Library (call # QK98.5 C46 E34 1955)]


   _________  *Edible Wild Plants of British Columbia.*  Victoria, BC: British Columbia Dept. of Conservation.  [no other biblio info avail. at present; Joe Freitus owns a copy]

   • good color illustrations by Thomas C. Quirk, Jr.
   • info on culinary and medicinal uses is sketchy


   _________  *Native Cookery and Edible Wild Plants of Newfoundland and Labrador.*  : Rural Extension Division, Department of Rural Development.  87pp.  Softcover (saddle-stitched).

   _________  *Southeastern Wildlife Cookbook:* A collection of recipes for sea and freshwater food, large and small game, and savory oddities from the wild, from the publishers of *South Carolina Wildlife Magazine.*  Columbia: University of South Carolina Press.  c1989  224pp.

Wild, Edible and Poisonous Plants of Alaska. Cooperative Extension Service, University of Alaska. [No other biblio. info known at present; Joe Freitus owns a copy].

Wild Edible Plants (motion picture). Boulder, CO: West Wind Productions. 1976 17min, one 16mm reel.

Wild Edible Plants of Iowa. Des Moines: Iowa Department of Conservation. [No other biblio. info known at present; Joe Freitus owns a copy]


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