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Pacific Feast: A Cook's Guide to West Coast Foraging and Cuisine

Jennifer Hahn

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An intimate yet informative guide to harvesting and cooking wild foods from beach to forest. Once thought to be the stuff of back-to-the-landers, foraging has become a gourmet pastime, and there are a growing number of wild-food classes in which experts teach hungry folks how to spot the food at our feet. Especially fortunate are those of us who live along the Pacific Coast from the San Francisco Bay area to Puget Sound to Anchorage where the climate provides many a delicacy in our wild (and not so wild) spaces. THE PACIFIC FEAST shares expert advice on how to identify the good eats, harvest responsibly, and create delicious meals with your finds. Author Jennifer Hahn provides detailed field notes on more than 40 species, including where to find them, which parts are edible, and their best culinary uses. In addition to the delectable recipes from well-known coastal chefs, readers will also appreciate Hahn's intimate stories of reveling in nature s bounty and Mac Smith's lush identification photographs.

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