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# Hunt, Gather, Cook: Finding the Forgotten Feast

*Hank Shaw*

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# Hunt, Gather, Cook: Finding the Forgotten Feast

*Hank Shaw*

**Hunt, Gather, Cook: Finding the Forgotten Feast** Hank Shaw

From field, forest, and stream to table, award-winning journalist Hank Shaw explores the forgotten art of foraging.
If there is a frontier beyond organic, local and seasonal, beyond farmers' markets and grass-def meat, it's hunting, fishing and foraging your own food. A lifelong angler and forager who became a hunter late in life, Hank Shaw is dedicated to finding a place on the table for the myriad overlooked and underutilized wild foods that are there for the taking -- if you know how to find them.

In *Hunt, Gather, Cook*, he shares his experiences both in the field and in the kitchen, as well as his extensive knowledge of North America's edible flora and fauna. Hank provides a user-friendly, food-oriented introduction to tracking down and cooking everything from prickly pears, to grouper to snowshoe hares.

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