

Edible Seashore River Cottage Handbook No 5

It is difficult to think of a more quintessential symbol of the British countryside than the British Hedgerow, bursting with blackberries, hazelnuts and sloes, and home to oak and ash, field mice and butterflies. But as much as we might dream about foraging for mushrooms or collecting wayside nettles for soup, most of us are unaware of quite how profoundly hedgerows have shaped the history of our landscape and our fellow species. One of Britain's best known naturalists, John Wright introduces us to the natural and cultural history of hedges (as well as ditches, dykes and dry stone walls) - from the arrival of the first settlers in the British Isles to the modern day, when we have finally begun to recognise the importance of these unique ecosystems. His intimate knowledge of the countryside and its inhabitants brings this guide to life, whether discussing the skills and craft of hedge maintenance or the rich variety of animals, plants, algae and fungi who call them home. Informative, practical, entertaining and richly illustrated in colour throughout, *A Natural History of the Hedgerow* is a book to stuff into your pocket for country walks in every season, or to savour in winter before a roaring fire.

In the seventh of the River Cottage Handbook series, John Wright explores the culinary delights of the British hedgerow. Hedgerows, moors, meadows and woods - these hold a veritable feast for the forager. In this hugely informative and witty handbook, John Wright reveals how to spot the free and delicious pickings to be found in the British countryside, and how to prepare and cook them. First John touches on the basics for the hedgerow forager, with an introduction to conservation, safety, the law, and all the equipment that you may need. Next he guides you through the tasty edible species to be found. Each one is accompanied by photographs for identification, along with their conservation status, habitat, distribution, season, taste, texture and cooking methods - not forgetting, of course, some fascinating asides and diversions about their taxonomy and history. Fifty species are covered, including bilberries, blackberries, raspberries, common mallow, dandelions, hedge garlic, horseradish, pignuts, nettles, sloes, sweet chestnuts, water mint, bulrushes and wild cherries. After this there is a section describing the poisonous species to steer clear of, with identifying photographs as well as warnings about nasty 'lookalikes'. Finally, there are thirty delicious recipes to show how you can make the most of your (edible) findings. Introduced by Hugh Fearnley-Whittingstall, *Hedgerow* is an indispensable household reference, and an essential book to have by your side for every trip into the countryside.

Fergus Henderson's two classic *Nose to Tail* books in a single, covetable volume with additional new recipes and photography.

COOKERY / FOOD & DRINK ETC. This lovely box set contains the following titles: 9781408836057 *Mushrooms* 9781408836064 *Preserves* 9781408836071 *Bread* 9781408836088 *Veg Patch* 9781408836095 *Edible Seashore* 9781408836101 *Sea Fishing* 9781408836118 *Hedgerow* 9781408836125 *Cakes* 9781408836132 *Fruit* 9781408836149 *Herbs*.

A Practical Guide for Creating Tables

A Design Guide

Hedgerow

Spells, Potions, and Lore from the Earth Spirits

Ecohouse

The Forager's Kitchen Handbook

The Complete Countryman

The cool temperate waters of the British and Irish seas contain an astonishing 6% of the world's algal species, more than 600 different seaweeds, and yet most divers, snorkellers and rockpoolers can put names to only a handful of them. The first edition of *Seaweeds of Britain and Ireland* has proved invaluable to an enormous number of people, not just volunteer Seasearch divers and snorkellers, and this eagerly awaited second edition will no doubt prove to be equally as popular. The aim of this book is to introduce the reader to the wonderful marine environment around Britain and Ireland, and improve identification of the wealth of seaweeds so often overlooked. Features of the new edition include: ? Over 230 species described in detail with colour photographs, information on size, habitat and distribution maps ? Over 50 new species, many with information on how to identify to species level using microscopic features ? Key distinguishing features and areas of identity confusion highlighted ? Colour and form used to group species and aid identification using dichotomous keys ? Details of life histories and reproductive processes for the main seaweed groups ? Both scientific and English names used for species and groups ? A glossary of common and specialised terms

This January, revitalise your recipes with the joys and satisfaction of foraged ingredients from your garden and beyond. In high-end restaurants and in the home, more and more cooks have unearthed the pleasures of using natural, foraged ingredients. But, what few realise is that you don't necessarily have to go rootling in hedgerows or woodlands to find them. Many of our own gardens contain an abundance of edible and medicinal plants, grown mainly for their ornamental appearance. Most gardeners are completely unaware that what they have actually planted is a rather exotic kitchen garden. The *Garden Forager* explores over 40 of the most popular garden plants that have edible, medicinal or even cosmetic potential, accompanied by recipes, remedies, and interesting facts, and illustrated throughout in exquisite watercolours by Lizzie Harper. This beautifully illustrated book redefines how we look at our gardens and unleashes the unknown potential of everyday plants - making it a must-have for anyone interested in gardening, cooking, or foraging. 'jammed full of fascinating garden lore, culinary history and clever recipes' Susan Low, *Delicious*

A thoroughly practical guide to catching, preparing and cooking sea fish, from the bestselling *River Cottage Handbook* series

From renowned fishing expert Nick Fisher comes this concise and beautifully illustrated guide to fishing along British

coastline. All that's needed is a beach, pier, harbour, estuary or boat. Nick covers all the basics, such as when and where to go fishing, and then profiles the sea fish that you are likely to catch (each one clearly photographed), covering their conservation status, season, habitat and method of catching. Next he gets down to the nitty gritty, with a guide to tackles, rods, reeds, rigs, knots and bait, and step-by-step advice on all the sea fishing techniques. And for once you've made your catch, there are 30 delicious recipes from River Cottage.

This new third edition of Bradt's popular guide to Dorset - part of its distinctive series of 'Slow Travel' guides to local UK regions - has been thoroughly updated to reflect all the most recent changes to the region. Where - and what - to eat, where and when to go and what to see are all covered, providing an essential guide to one of Britain's most rural counties. The author, a Dorset girl born and bred, says: 'Many of Dorset's attractions are well-hidden and known only to locals, who like to keep the county's treasures to themselves. This guide takes you to those secret places and introduces you to some delightful Dorset locals past and present. Practical information covers accommodation, eating and drinking, and travelling in this unspoilt region.' Dorset is quintessential rural England: rolling hills, thatched houses, narrow, winding lanes and stunning stately homes and gardens, all of which make it perfect for slowing down and discovering what really makes the region tick. The enchanting Dorset landscapes described in Thomas Hardy's 19th-century novels are largely unchanged and are likely to remain so as the county has the highest proportion of conservation areas in England. A sense of history is conveyed by innumerable sites of archaeological interest, including Britain's largest Iron Age hillfort, Maiden Castle, and the county is trimmed by the spectacular Jurassic Coast, England's first natural World Heritage Site, whose cliffs are constantly revealing their prehistoric, fossilised secrets. For walkers, the Dorset section of the South West Coast Path, which includes part of the Jurassic Coast, offers some of the most spectacular seaside walks in England. This guide provides walking routes with maps to help you explore some of the finest sections of the coastal path, as well as other walks around the county. Whatever your interest, be it local food, brewery tours, peaceful waterways, horse-riding, beach walks or simply escaping to an unspoiled corner, Bradt's Dorset is the ideal companion.

A New Approach to Naming British Vascular Plants Based on Vegetative Characters

Second Edition

Sea Fishing

A Seasonal Guide to Nature's Wild Harvests

The Garden Forager

A Kind of British Cooking

Latin names – frequently unpronounceable, all too often wrong and always a tiny puzzle to unravel – have been annoying the layman since they first became formalised as scientific terms in the eighteenth century. Why on earth has the entirely land-loving Eastern Mole been named *Scalopus aquaticus*, or the Oxford Ragwort been called *Senecio squalidus* – 'dirty old man'? What were naturalists thinking when they called a beetle *Agra katewinsletae*, a genus of fish Batman, and a Trilobite *Han solo*? Why is zoology replete with names such as *Chloris chloris chloris* (the greenfinch), and *Gorilla gorilla gorilla* (a species of, well gorilla)? The Naming of the Shrew will unveil these mysteries, exploring the history, celebrating their poetic nature and revealing how naturalists sometimes get things so terribly wrong. With wonderfully witty style and captivating narrative, this book will make you see Latin names in a whole new light.

Gone are the days when researchers and students were forced to search through journals for the best way to construct a table of results. Updated to reflect current standards in reporting and graphic displays, *Presenting Your Findings: A Practical Guide for Creating Tables, Sixth Edition*, provides invaluable guidance on the proper table format for a wide range of statistical analyses in an engaging and accessible format. The authors have included statistics commonly used in analyses to make the book as useful as possible for researchers and students and have organized the chapters according to the complexity of the statistic. Each chapter is devoted to a different statistic and provides a variety of examples of how data could best be displayed. Included for each statistic is a "Play It Safe" table that illustrates the most comprehensive formatting options. This definitive resource for how to build tables will eliminate editorial drudgery and free up your time for more gainful pursuits.

In the fourteenth River Cottage Handbook, Gill Meller shows how to keep pigs and cook with pork. Keeping a herd of pigs brings a lot of enjoyment – they are curious, intelligent and (often) lovable animals, with plenty of character. When the time comes, they can provide you with a fine carcass that can be turned into all manner of tasty things. The River Cottage ethos is all about knowing the story behind what's on the plate, and as Gill Meller explains in this accessible and comprehensive guide, by rearing and butchering your own pigs you'll be able to create a full range of delicious pork products in the most sustainable, economic and hands-on way possible. *Pigs & Pork* gives expert advice on choosing whether to keep your own pigs, on sourcing them and setting up their home, and on feeding and caring for them. Gill also explains how you can arrange for the pigs' eventual slaughter, and how to find a good butcher or carry out your own butchery at home and identify the different cuts of meat. And even if you are buying your pork from the butcher, there is plenty to inspire. In the mouth-

watering recipe section you will find the ultimate roast pork, farmhouse pâtés, pork scratchings, brawn, sausages, rillettes, pork pies, Scotch eggs and black pudding, as well as instructions for how to home-cure your own bacon, ham and salami. And of course, there are guidelines for setting up a proper hog roast to cater for large numbers, River Cottage-style – simply the perfect fare for an outside gathering. Whether you are just after the secret to sensational crackling or you want to go the whole hog and set up your own sty, this book will guide you on the road to pork heaven.

In the second of the River Cottage Handbook series, Pam Corbin explains how to turn Britain's seasonal gluts of fruit, vegetables, flowers and herbs into delicious preserves to enjoy all year around. Preserving is a centuries-old way to make the most out of every season, stretching the more bountiful months into the sparse ones - and what's more, it is fun, rewarding and easy to learn. Explaining the history, science and basic processes of preserving, Pam Corbin guides us through a world of jams, jellies, butters, curds, pickles, chutneys, cordials, liqueurs, vinegars and sauces that can be made from local produce throughout the year. She includes 75 recipes, covering everything from traditional favourites such as raspberry jam, lemon curd, quince cheese and sloe gin, to fresh new combinations such as apple butter, cucumber pickle and nettle pesto. The handbook includes seasonable tables, regional maps, flow charts of all the preserving processes and full-colour photographs throughout, and is completed by a directory of equipment and useful addresses. With a textured hard cover and an introduction by Hugh Fearnley-Whittingstall, Preserves is a concise and inspiring guide to an age-old art for kitchen beginners and keen preservers alike.

A Curious History of Latin Names

A Guide to the Edible Plants of Britain

[A Cookbook]

A Field Guide for Strandings

Outdoor Cooking

An Instructional Guide to Freediving, Sustainable Marine Foraging and Spearfishing

Veg Patch

Marine Mammals Ashore: A Field Guide for Strandings (J.R. Geraci & V.J.

Lounsbury)in the hardcover format is back! A comprehensive manual for understanding and dealing with a stranded seal, manatee, dolphin, whale, or sea otter, this book contains information for the interested beach dweller or student and for the scientist or marine resource manager. Marine Mammals Ashore describes rescue operations, how to organize a response team, and how to deal with the media and the public. It includes basic information on marine mammal biology, life history, and health, and an extensive bibliography. Marine Mammals Ashore also provides stranding network participants with practical guidelines for collecting data and specimens to better understand the biology and behavior of marine animals and the condition of their environment. All chapters have been

updated and expanded, with emphasis on topics that include: enhancing network organization, public education, and media relations. natural and human-related mortality in each major marine mammal group. recognizing, responding to, and investigating unusual mortality events. new or updated protocols for specimen and data collection (e.g., samples for PCR analysis; basic guidelines for investigating possible noise-related strandings; collecting environmental data and samples; and a detailed protocol for examining marine mammals for signs of human interactions). zoonoses and other public health issues. updated overview of marine mammal stranding frequency and distribution in North America, with coverage extended to Canada and Mexico. overview of special topics provided by invited authors: disentanglement (Peter Howorth, Santa Barbara Marine Mammal Center, Santa Barbara CA); tagging and monitoring (Anthony Martin, British Antarctic Survey); and GIS applications (Greg Early, A.I.S., Inc., New Bedford, MA). close to 600 new references (and a few new carcass disposal stories!). The 372-page second edition features water- and tear-resistant paper, a vinyl cover, and durable plastic coil binding. There are even strategically placed lined pages for adding personal notes and contact information.

In the first of the River Cottage Handbook series, mycologist John Wright uncovers the secret habits and habitats of Britain's thriving mushrooms - and the team at River Cottage explain how to cook them to perfection. In the first of the River Cottage Handbook series, mycologist John Wright explains the ins and outs of collecting, including relevant UK laws, conservation notes, practical tips and identification techniques. He takes us through the 72 species we are most likely to come across during forays in Britain's forests and clearings: old friends the Chanterelle and Cep, as well as a whole colourful host of more unfamiliar names - edible species including the Velvet Shank, the Horn of Plenty, the Amethyst Deceiver, the Giant Puffball and the Chicken in the Woods, and poisonous types such as the Sickener, the Death Cap and the Destroying Angel. The handbook is completed by more than 30 simple and delicious mushroom recipes from the River Cottage team. With colour photographs throughout, line drawings, a user-friendly Key and an introduction by Hugh Fearnley-Whittingstall, the River Cottage Mushroom Handbook is a comprehensive and collectable guide, destined to be an indispensable household reference.

In this full colour, large format publication by master freediving instructor and expert marine forager Ian Donald, you will be taught in a step-by-step manner how to freedive, forage for marine foods, and spearfish, all with sustainability in mind.

How you eat affects the planet - and everyone else on it. What you eat might literally cost the earth. It also has implications for your health, for the grower or producer, and for the way you think about the world. What in God's Name Are You Eating? faces what many of us choose to ignore in the Western world: we, as adults, have allowed a childlike innocence to mask the real cost of the environment in which we are cocooned, while thousands elsewhere find

themselves drought-stricken and starving. 'What in God's name are they not eating?' 'Enough' is the simple answer and we are part of the reason why. The price of 'life', as we know it, is high. To those of us who have 'life', there is a moral imperative to enable others to share it rather than suppress them. With its advocacy of a globally responsibly discipleship, *What in God's Name Are You Eating?* enables us to see how the world's peoples can have life and a long future. While the reflection is rooted in radical Mennonite Christianity, the challenge is to those of faith - and those of none.

On Food and Cooking

The Cover Letter Book

Edible Delights in your Own Back Yard

Pigs & Pork

Faery Magick

A User's Guide to Traditional Skills and Lost Crafts

River Cottage Handbooks 1-10: Bread

Seaweed is so familiar and yet its names - pepper dulse, sea lettuce, bladderwrack - are largely unknown to us. In this short, exquisitely illustrated portrait, the Dutch poet and artist Miek Zwamborn shares her discoveries of its history, culture and use, from the Neolithic people of the Orkney Islands to sushi artisans in modern Japan. Seaweed troubled Columbus on his voyages across the Atlantic, intrigued von Humboldt in the Sargasso Sea and inspired artists from Hokusai to Matisse. Covering seaweed's collection by Victorians, its adoption into fashion and dance and its potential for combating climate change, and with a fabulous series of recipes based around the 'truffles of the sea', this is a wonderful gift for every nature lover's home.

Most field guides only work when you have flowers or fruit. This key enables the user to easily identify over 3,000 native and alien plants without flowers or fruit, with nothing more than a hand lens.

'He writes so engagingly that it's hard to imagine that actual foraging can be more attractive than reading his accounts of it. ...[This book] is a treasure. It is beautifully produced, designed and illustrated.' - John Carey, *The Sunday Times* WINNER OF THE GUILD OF FOOD WRITERS AWARD FOR FOOD BOOK OF THE YEAR 2020 WINNER OF WOODLANDS AWARDS BEST WOODLAND BOOK OF THE YEAR 2020 **Look out of your window, walk down a country path or go to the beach in Great Britain, and you are sure to see many wild species that you can take home and eat. From dandelions in spring to sloe berries in autumn, via wild garlic, samphire, chanterelles and even grasshoppers, our countryside is full of edible delights in any season. John Wright is the country's foremost expert in foraging and brings decades of experience,**

including as forager at the River Cottage, to this seasonal guide. Month by month, he shows us what species can be found and where, how to identify them, and how to store, use and cook them. You'll learn the stories behind the Latin names, the best way to tap a Birch tree, and how to fry an ant, make rosehip syrup and cook a hop omelette. Fully illustrated throughout, with tips on kit, conservation advice and what to avoid, this is an indispensable guide for everyone interested in wild food, whether you want to explore the great outdoors, or are happiest foraging from your armchair.

In *The Forager's Kitchen Handbook*, expert forager and cook Fiona Bird shares the knowledge she has gained from years of gathering food from the land. Whether you live in a large city, in open countryside or by the coast, if you open your eyes and follow Fiona Bird's advice, you will find more ingredients growing in the wild than you could imagine. Each chapter focuses on a different food type – Flowers and Blossom, Woodland and Hedgerow, Fruits and Berries, Herbs, and Sea and Shore – and includes useful information about where to find it, how to forage and gather it, and how to use it. And once you have brought your bounty home, there are more than 100 recipes for you to try. If you love baking, try the carrot and clover cake, wild hazelnut shortbread or sea lettuce madeleines. Make the most of a hedgerow glut by making honeysuckle jelly or quince and wild thyme sorbet. Try a food-for-free main course of chanterelle puffs or wild mussels steamed with dandelions, or a quick snack of garlic mustard, chickweed and tomato bruschetta. Or indulge your sweet tooth with wild berry and herb marshmallows or a wild cherry panna cotta. Armed with this handbook, head off to the great outdoors and you will be amazed by the sheer quantity of food that is available for free.

A Cookbook and Culinary Survival Guide

Your Definitive Guide to Writing the Perfect Cover Letter

Edible Seashore

Presenting Your Findings

A Family Foraging and Cooking Adventure

The Seaweed Collector's Handbook

How Can Christians Live and Eat Responsibly in Today's Global Village

In the fifth of the River Cottage Handbook series, John Wright reveals the rich pickings to be had on the seashore - and the team at River Cottage explain how to cook them to perfection. For the forager, the seashore holds surprising culinary potential. In this authoritative, witty book John Wright takes us on a trip to the seaside. But before introducing us to the various species to be harvested, he touches on such practicalities as conservation and the ethics of foraging; safety from tides, rocks and food poisoning; the

law and access to the shore, our right to fish, landing sizes and seasons; and equipment such as nets, pots and hooks. Next comes the nitty-gritty: all the main British seashore species that one might be tempted to eat. The conservation status, taste and texture, availability, seasonality, habitat, collecting technique and biology of each species is covered; there are also quite a few gratuitous but fascinating diversions. The species covered include crustacea (brown shrimp, common crab, lobster, prawn, shore crab, spider crab, squat lobster, velvet swimming crab); molluscs (clams, cockle, dog whelk, limpet, mussel, oyster, razor clam, winkle); mushrooms; plants (alexanders, babbington's orache, fennel, frosted orache, marsh samphire, perennial wall rocket, rock samphire, sea beet, sea buckthorn, sea holly, sea kale, sea purslane, sea rocket, spear-leaved orache, wild cabbage, wild thyme); and seaweed (carragheen, dulse, gut weed, laver, pepper dulse, sea lettuce, sugar kelp, kelp). Finally, there are thirty brilliant recipes. Introduced by Hugh Fearnley-Whittingstall, *Edible Seashore* is destined to join the other handbooks in the series as an indispensable household reference. At any time, in any place, food is there for the taking—if only people knew how to look. This foraging handbook tells readers how to recognize the rich possibilities that surround them—whether in the city or in the countryside. The author—who makes a living out of foraging—reveals the how, why, and what of this lost art. He starts with the many different sorts of habitat, from waste ground to woodland, from cliff top to coastland. Many of these plants—nettles, dandelions, fat hen, sorrel—grow so profusely they are considered a nuisance, yet they offer fantastic food possibilities and are rich in nutrients. For each plant and mushroom, ideas for how to use them in the kitchen as well as their nutritional qualities are provided. With tips from some of the most exciting chefs working in Britain today, this book will take readers on a voyage of discovery.

In this comprehensive and practical guide to the countryside, passionate and hugely knowledgeable countryman Alan Titchmarsh explores the heritage of rural Britain, its landscapes and wildlife, its traditions, customs and crafts. He'll look at the beauty of chalk downland, offer a checklist of British butterflies and where to find them and show how to make moth traps and wildlife ponds. He'll identify the best breeds of cattle for meat and milk, explain how best to look after a pig and the secrets of a successful small holding. From keeping chickens to dressing a stick, from dry-stone walling to creating a wild flower meadow, the essence of country life and the best places to encounter it will be identified in this celebration of the British countryside and its delights, skills and treasures. Lavishly illustrated, beautifully produced and information packed, *The Complete Countryman* will be an inspirational showcase for all that is best about rural Britain and will reconnect us with its wonderful wise ways.

Travel down a pathway to the Faery realm, and bring enchantment into your life. With over 100 spells, rituals, and journeys, this practical book is designed to help you in matters of romance, love,

and beauty, as well as home, health, protection, and wealth. Collectively known as the "Sidhe" or "the Bright People," Faery beings exist halfway between the material and spiritual, mortal and deity. Hands-on information and techniques in this book includes: origins, history, and lore; living Faery traditions, Faery Wicca, and Faery Shamanism; The Golden Rules of the Faery realm; the best days, times, and locations for Faery Magick; how to attract Faeries with foods, brews, herbs, flowers, crystals incense, and essentials oils; how to set up your Faery magick altar by gathering and consecrating your Faery Magick altar tools; how to open and close your Faery Magick Circle; and empowering, easy-to-do Faery magick spells, rituals, and journeys.

The Science and Lore of the Kitchen

Marine Mammals Ashore

The Naming of the Shrew

The Complete Nose to Tail

Stalking the Blue-Eyed Scallop

What in God's Name Are You Eating

Slow Travel: Dorset

In the twelfth River Cottage Handbook, John Wright explains how to home-brew and make your own tipples. What could possibly beat a cool pint of beer down the pub or a lazy glass of wine at your favourite bar? The answer is: home-brewed beer or your very own brand of wine. With this, the twelfth in the River Cottage Handbook series, the inimitable John Wright shows exactly how easy it is to get started. You don't need masses of space to make alcohol at home, and if you follow the simple instructions, you won't be faced with exploding bottles in the cellar. But don't forget, it's all about experimentation and finding out what works for you. Booze is divided up by alcohol type, from beer, cider and wine to herbal spirits and fruit liqueurs. Each section starts with an introduction to the basic techniques, methods and other useful information, before giving recipes for delicious tipples like rhubarb wine, sparkling elderflower wine, mead, cherry plum wine, orange beer, lager, real ginger beer, sweet cider, zubrovka vodka, amber spirits, rose infusions, blackberry whiskey, pomegranate rum, chestnut liqueur, mulled cider and there's even a hangover cure thrown in for good measure. With an introduction from Hugh Fearnley-Whittingstall and full-colour photographs as well as illustrations, Booze is a home-brewer's book with a kick.

1 MILLION BOSH BOOKS SOLD WORLDWIDE From the international phenomenon and bestselling sensation Bosh!— " the vegan Jamie Olivers " (Times, UK)—comes this fully comprehensive guide to vegan living, whether you ' re thinking about adopting a plant-based lifestyle or a committed vegan looking for new information and insights. Do you want to go vegan but have no idea where to start? BOSH!, the pioneers of simple, delicious plant-based cooking and the guys behind the biggest vegan video channel on the web, are here to help! BOSH!: How to Live Vegan covers all aspects of vegan living from plant-based food and wine to vegan toiletries, travel, and clothes. Henry and Ian address the benefits of veganism on our health and the planet and answer a variety of questions on living life without animal products. Should you be eating avocados? Is it okay to wear an old leather belt? What do you tell your friends when they offer you a glass of non-vegan wine? Pioneering a new way of thinking, BOSH! is helping to make a sustainable and ethical lifestyle accessible to everyone. Whether you ' re a committed vegan, looking to improve your lifestyle, or starting out for the first time, this book has all the know-how and inspiration you need to pursue and enjoy a plant-based life.

Edible SeashoreRiver Cottage HandbookBloomsbury Publishing

In *Outdoor Cooking*, Gill Meller explains every aspect of cooking out in the open. He will take you back to basics with a guide to building the perfect fire, and reinvigorate your summer barbecue by cooking bread on it, grilling Indian-style kebabs, smoking fish or roasting succulent joints of meat. You can also find out how to make the most of a pizza oven or Kamado-style clay barbecue (popularised by the Big Green Egg) and, if you're feeling adventurous, there are comprehensive instructions for spit roasting larger pieces of meat or making a smouldering earth oven. With an introduction by Hugh Fearnley-Whittingstall and plenty of mouth-watering photographs, this book will rekindle your passion for the great outdoors and spark new ideas for creative cooking in the wild.

Mushrooms

The Art of Eating Through the Zombie Apocalypse

Booze

The River Cottage Edible Seashore Handbook

The Vegetative Key to the British Flora

The Forager Handbook

and ditches, dykes and dry stone walls

This foraging and cooking classic was first published in 1964 and has continued to be one of America's most appreciated works on the subject of seafood. As a young man, Euell Gibbons kept his family alive during the Dust Bowl era by gathering wild foods. In later years he foraged for seafood all over the coastlines of North America and even Hawaii. He drew on his extensive experience and research to write his "Stalking" series, books which have entered the American lexicon and which remain the starting point for serious foragers. Euell Gibbons tells how to find marvelous food in every coastal area of North America. This book contains numerous drawings for identification and hundreds of recipes and cooking tips from chowders and clambakes to simple epicurean treats such as boiled periwinkles dipped in melted butter.

Dorset is quintessential rural England: rolling hills, thatched houses, narrow, winding lanes and stunning stately homes and gardens. A large part of the county is designated as an Area of Outstanding Natural Beauty and includes the Jurassic Coast, England's first natural World Heritage Site. *Slow Dorset* is a personal celebration of what makes Dorset special - an invitation to slow down and enjoy its beauty. The author takes you on a personal journey through the county introducing some of Dorset's best kept secrets and hidden delights including little known walks, cycle rides, pubs, local craftsmen and visitor attractions. Interviews with local artisans and farmers, and contributions from local experts help you to get under the skin of the county. Whether you are looking for fossils around Lyme Regis, taking to horseback for a ride across the exhilarating expanse of Studland Heath, chatting to stallholders at a farmers' market, wandering in the footsteps of Thomas Hardy or walking the

South West Coast Path, this book delivers the best of the area with affection and gusto.

In this new addition to the award-winning collection, River Cottage master preserver Pam Corbin helps you transform the abundance of your garden (and your friends' and neighbors' gardens) into everything from jams and jellies to vinegars and sauces. The River Cottage farm, established by British food personality Hugh Fearnley-Whittingstall to promote high-quality, seasonal, and sustainable food, has inspired a television series, restaurants and classes, and a hit series of books. Now, with *The River Cottage Preserves Handbook*, learn to make everything from simple Strawberry Jam to scrumptious new combinations like Honeyed Hazelnuts, Nasturtium "Capers," Onion Marmalade, Spiced Brandy Plums, and Elixir of Sage, plus a pantryful of butters, curds, pickles, chutneys, cordials, and liqueurs. A kitchen classic for over 35 years, and hailed by Time magazine as "a minor masterpiece" when it first appeared in 1984, *On Food and Cooking* is the bible which food lovers and professional chefs worldwide turn to for an understanding of where our foods come from, what exactly they're made of, and how cooking transforms them into something new and delicious. For its twentieth anniversary, Harold McGee prepared a new, fully revised and updated edition of *On Food and Cooking*. He has rewritten the text almost completely, expanded it by two-thirds, and commissioned more than 100 new illustrations. As compulsively readable and engaging as ever, the new *On Food and Cooking* provides countless eye-opening insights into food, its preparation, and its enjoyment. *On Food and Cooking* pioneered the translation of technical food science into cook-friendly kitchen science and helped birth the inventive culinary movement known as "molecular gastronomy." Though other books have been written about kitchen science, *On Food and Cooking* remains unmatched in the accuracy, clarity, and thoroughness of its explanations, and the intriguing way in which it blends science with the historical evolution of foods and cooking techniques. Among the major themes addressed throughout the new edition are:

- Traditional and modern methods of food production and their influences on food quality
- The great diversity of methods by which people in different places and times have prepared the same ingredients
- Tips for selecting the best ingredients and preparing them successfully
- The particular substances that give foods their flavors, and that give us pleasure
- Our evolving knowledge of the health benefits and risks of foods

On Food and Cooking is an invaluable and monumental compendium of basic information about ingredients, cooking methods, and the pleasures of eating. It will delight and fascinate anyone who

has ever cooked, savored, or wondered about food.

Seaweeds of Britain and Ireland

River Cottage Handbooks 1-10: Cakes

Underwater Foraging - Freediving for Food

Local, Characterful Guides to Britain's Special Places

The River Cottage Preserves Handbook

Preserves

The Forager's Calendar

The classic foraging guide to over 200 types of food that can be gathered and picked in the wild, Food for Free returns in its 40th year as a sumptuous, beautifully illustrated and fully updated anniversary edition.

In the fourth River Cottage handbook, Mark Diacono tells us everything we need to know to create our own productive, organic garden, no matter where we live. Drawing directly from his experience as an acclaimed climate-change gardener, and of setting up a kitchen garden from scratch for River Cottage, Mark explains the practical aspects of organic growing, introduces us to a whole world of vegetables we may not have previously considered, and does away with alienating gardening jargon once and for all. Mark begins with a catalogue of vegetables that will grow in this country, explaining for each their benefits, what varieties to go for, dos and don'ts, and popular culinary uses. He then invites us to create a wish list of foods, and shows us his own list from his early gardening days. Next, he explains how to turn this wish list into a coherent kitchen garden plan appropriate for our space, whether it be a patch of acidic soil, a rooftop garden or an allotment, whether we put on our wellies in every free moment or are 'time-poor' gardeners. Then he puts all the theory into practice, showing us how to look after nutrients in the soil, how to resist pests and diseases, and how to make our garden sustainable and organic. In clear, concise sections we learn about seed trays, supporting plants with climbing structures, mulching, composting, companion planting, irrigation and promoting pollination, and there are additional tables showing sowing and harvesting times, plant sizes, and alternative varieties of plants for different sites. About thirty recipes and a directory of useful addresses finish the book, and the handbook is complemented by bright colour photography throughout. Practical and inspiring, with a textured hard cover and an introduction by Hugh Fearnley-Whittingstall, Veg Patch is destined to join Handbooks No. 1, 2 and 3 as an indispensable household reference. As the need to slow climate change becomes increasingly urgent, growing numbers of people are looking to dramatically reduce the carbon footprint of their own buildings by using more ecologically

sound techniques. Ecohouse provides design information about the latest low-impact materials and technologies, showcasing the newest and best 'green' solutions with international case studies demonstrating sustainable design in action around the world. This edition has been expanded to include advice on powering ecohouses using renewable energy - including wind, micro hydro and heat pumps - and an introduction to low-impact building materials such as lime, earth and hemp. New case studies from across the globe have been added to inspire readers with real-life examples of how to make an ecohouse work.

What could possibly beat a cool pint of beer or a glass of wine at your favorite bar? The answer is: home-brewed beer or your very own brand of wine. With this, the twelfth in the River Cottage Handbook series, the inimitable John Wright shows exactly how easy it is to get started. You don't need lots of space to make alcohol at home, and if you follow the simple instructions, you won't be faced with exploding bottles. But don't forget, it's all about experimentation and finding out what works for you. Booze is divided by alcohol type, from beer, cider, and wine to herbal spirits and fruit liqueurs. Each section starts with an introduction to the basic techniques, methods, and other useful information, before giving recipes for delicious beverages like rhubarb wine, sparkling elderflower wine, mead, cherry plum wine, orange beer, lager, real ginger beer, sweet cider, zubrovka vodka, amber spirits, rose infusions, blackberry whiskey, pomegranate rum, chestnut liqueur, mulled cider, and there's even a hangover cure thrown in for good measure. With an introduction from Hugh Fearnley-Whittingstall and full-color photographs as well as illustrations, Booze is a home-brewer's book with a kick.

BOSH!: How to Live Vegan

Slow Dorset

Seaweed and Eat It

Food for Free

From Purple Laver to Peacock's Tail

A Natural History of the Hedgerow

River Cottage Handbook

Just because the undead's taste buds are atrophying doesn't mean yours have to! You duck into the safest-looking abandoned house you can find and hold your breath as you listen for the approaching zombie horde you've been running from all day. You hear a gurgling sound. Is it the undead? No—it's your stomach. When the zombie apocalypse tears down life and society as we know it, it will mean no more take out, no more brightly lit, immaculately organized aisles of food just waiting to be plucked

effortlessly off the shelves. No more trips down to the local farmers' market. No more microwaved meals in front of the TV or intimate dinner parties. No, when the undead rise, eating will be hard, and doing it successfully will become an art. The Art of Eating through the Zombie Apocalypse is a cookbook and culinary field guide for the busy zpc survivor. With more than 80 recipes (from Overnight of the Living Dead French Toast and It's Not Easy Growing Greens Salad to Down & Out Sauerkraut, Honey & Blackberry Mead, and Twinkie Trifle), scads of gastronomic survival tips, and dozens of diagrams and illustrations that help you scavenge, forage, and improvise your way to an artful post-apocalypse meal. The Art of Eating is the ideal handbook for efficient food sourcing and inventive meal preparation in the event of an undead uprising. Whether you decide to hole up in your own home or bug out into the wilderness, whether you prefer to scavenge the dregs of society or try your hand at apocalyptic agriculture, and regardless of your level of skill or preparation, The Art of Eating will help you navigate the wasteland and make the most of what you eat.

Your cover letter is the first thing employers will see - make yours stand out. The competition is tougher than ever. With so many qualified and experienced candidates out there, how do you make sure your cover letter makes an outstanding impression? Based on years of experience writing and reviewing successful cover letters, recruitment expert James Innes guides you through the secrets of writing outstanding cover letters. You'll find out all the insider tips and winning methods to make sure your cover letter never fails to impress. You'll discover: * what employers really want to read * what makes a brilliant cover letter stand out * the 15 most common cover letter mistakes - and how to avoid them * how to secure a job interview from your cover letter alone "" "The Cover Letter Book "has full, free online support - cover letter templates, tools and reader offers - all available through The CV Centre online at www.ineedacv.co.uk/readertools. No matter what your age, background, job or level of experience, "The Cover Letter Book" will help you create an outstanding cover letter.

Seaweed And Eat It is the foodie's answer to The Dangerous Book for Boys, and a nostalgic journey of rediscovery for the whole family. Part cookbook, part natural history guide, with tasty recipes, fascinating folklore and inspiring ideas for seasonal feasts, Seaweed leads the reader through the process of identifying, learning about and cooking unusual and native wild foods. From discovering edible wild plants and flowers, to creating delicious seasonal feasts, Seaweed puts the fun into foraging and injects a sense of adventure into preparing dinner.

For anyone interested in the origins of their food - or who's shocked by the price of elderflower cordial - this inspirational cookbook will ensure mealtimes are never dull. This revised edition is black and white.