

A HANDBOOK OF SCOTLAND'S WILD HARVESTS



The essential guide to edible species and materials to gather for nutrition, taste, natural remedies, fuel, gardening & craft

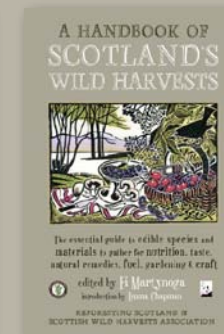
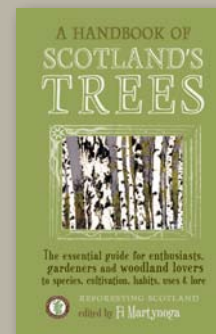
Editor **Fi Martynoga**

Introduction by **Emma Chapman**

An authoritative new companion for sustainable foraging

Are you a forager? If you dream of being more connected to the landscape and all the bounty it can provide, look out for this invaluable guide, to be published in July. From the team who produced *A Handbook of Scotland's Trees*, this new book will inform you about plants from fields, woods and seashores, as well as firewood and seaweeds. You'll discover well-tryed recipes from Scottish kitchens – from nettle haggis to blaeberry muffins – and a wealth of woodland and hedgerow materials you can use in the garden or home.

The information is drawn together from expert members of both Reforesting Scotland and the Scottish Wild Harvests Association (SWHA). Many are professionals in the field, and all of them know their plants and materials thoroughly from years or decades of experience. Their entries abound in useful information on habitat, history, uses, lore, and how to distinguish a useful plant from similar species that are not.



REFORESTING
SCOTLAND



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