



Hunt, Gather, Cook: Finding the Forgotten Feast

Hank Shaw

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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-fed 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.

Hunt, Gather, Cook is an indispensable introduction to the pleasures of foraging, fishing, and hunting, with more than 50 recipes for making the most of the fruits of a day spent gathering food in the wild. Featuring:

From the Field, Forest, and Shore

- Wild greens
- Nettles and acorns
- Grapes, prickly pears, and berries
- Beach peas, kelp, and other seaside plants

From the Pond, River, and Ocean

- Clams, mussels, snails, and oysters
- Crabs of all varieties
- Bluegills and other panfish
- Herring and shad
- Eels, sharks, and other unusual fish

From the Hunt

- Rabbits, hares, and squirrels
- Venison: deer, elk, antelope, and moose
- Pheasants and other game birds
- Wild boar
- Waterfowl: ducks, geese, and snipe

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In this period of globalization, it is important for someone to find information. The information will make you definitely understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of referrals to get information, for example: internet, newspapers, books, and soon. You will see that now, a lot of publishers in which print many kinds of books. The particular book that I recommended to your account is Hunt, Gather, Cook: Finding the Forgotten Feast. This review consists of a lot of information about the condition of this world now. This particular book was represented as how the world has grown up. The terminology styles that the writer uses to explain it are easy to understand. The writer made some study when he made this book. Honestly, that is why this book is appropriate for all of you.

James Waddell:

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