



Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums

Chris Bennett

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From seashores and riverbanks to mountains, valleys, and overgrown fields, the beautiful Southeast is rich in wild edibles. Forager, farmer, teacher, and chef Chris Bennett helps you find the most delicious plants—from delectable wild greens, like the often-overlooked sweet, fan-shaped leaves of common mallow to wild hazelnuts, hickory nuts, and fruity black walnuts. Try making syrup from summer's honeysuckle blooms, simmer a rosehip jam, or pickle some blackberries in vinegar to spark up a savory dish. Whether you venture out on the water for cattail corndogs and wild rice or stay close to home for the candy-crunch of hackberry fruits, this book will help you find an abundance of wild plants right outside your door.

With this savvy guide you'll learn what to look for, when and where to look, and how to gather in a responsible way.

- A seasonal guide for foraging year-round
- Detailed information for safe identification
- Collecting tips for sustainable harvesting
- Tips for preparation and use

Covers Georgia, South Carolina, North Carolina, Virginia, Maryland, West Virginia, Kentucky, Tennessee, Arkansas, Louisiana, Mississippi, Alabama, and northwestern Florida.

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