

Lightfoot Guide To Foraging - Wild Foods By The Wayside - Heiko Vermeulen

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"Nowadays if I look at a meadow I think lunch." A guide to over 130 of the most common edible and medicinal plants in Western Europe, aimed at the long-distance or casual hiker along the main pilgrim routes through Western Europe. The author has had some 40 years of experience in foraging and though a Dutchman by birth, has been at home all over Europe including Germany, Ireland, England and for the last 8 years in Italy along the Via Francigena pilgrim route, where he feeds his family as a subsistence farmer, cultivating a small piece of Ligurian hillside along permaculture principles, and by gathering food from the wild

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