



# **A Handbook of Scotland's Wild Harvests: The Essential Guide to Edible Species, with Recipes and Plants for Natural Remedies, and Materials to Gather for Fuel, Gardening and Craft**

*Fi Martynoga, Emma Chapman*

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"The exciting thing about this book is the number of unusual flavours and species it highlights" (Andrew Fairlie, Gleneagles) This inspirational guide is bursting with invaluable know-how on Scotland's wild harvest, covering what, where, when and how you can use your bounty in sustainable ways - from the most useful and widespread of species to the less well-known, and from leaves and berries to saps, seeds, seaweeds, mosses and wood. Recipes from Scottish kitchens include nettle brose, blaeberry muffins and creative dishes from a surprisingly wide range of species. Learn how to begin or extend a repertoire of wild foods and materials that can be used as dyes, remedies and around the home.

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