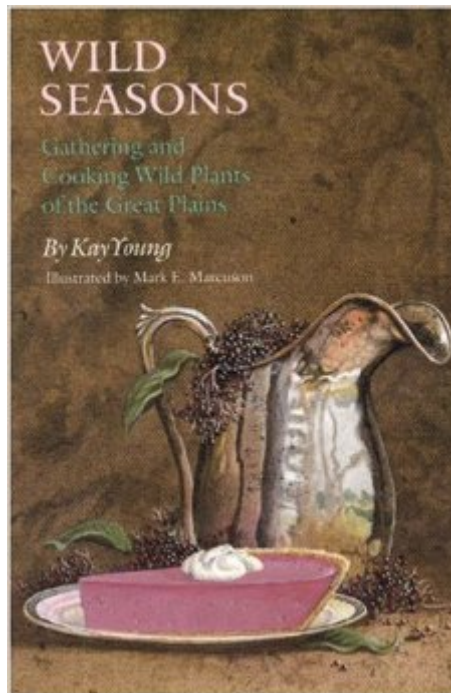


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# Wild Seasons: Gathering And Cooking Wild Plants Of The Great Plains



## Synopsis

For nature lovers as well as cooks, there's plenty to whet the appetite in this unique field guide-cum-cookbook. Starting with the first plants ready for eating in the early spring (watercress and nettles) and following the sequence of harvest through the late fall (persimmons and Jerusalem artichokes), Kay Young offers full, easy-to-follow directions for identifying, gathering, and preparing some four dozen edible wild plants of the Great Plains. And since most of the plants occur elsewhere as well, residents of other regions will find much of interest here. "This is not a survival book," writes the author; "only those plants whose flavor and availability warrant the time and effort to collect or grow them are included." The nearly 250 recipes range from old-time favorites (poke sallet; catnip tea; horehound lozenges; hickory nut cake; a cupboardful of jams, jellies, and pies) to enticing new creations (wild violet salad, milkweed sandwiches, cattail pollen pancakes, day-lily hors d'oeuvres, prickly-pear cactus relish). Reflecting the author's conviction that just as we can never go back to subsisting wholly on wild things, neither should we exclude them from our lives, this book serves up generous portions of botanical information and ecological wisdom along with good food.

## Book Information

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## Customer Reviews

Trade paperback, 318 pp, b&w illustrations. With Appendices on Canning, Freezing and Drying, Other Sources of Information  
Indices: Index of Plants, Index of Recipes by Plant, Index of Recipes by Food Category  
TABLE OF CONTENTS  
Glossary of Botanical Terms  
Glossary of Cooking Terms  
Watercress  
Stinging Nettles  
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Dandelions  
Dock  
Wild

VioletsAsparagusCatnipPokeweedLambs-QuartersMilkweed ShootsYellow Wood  
SorrelPineapple-weedWild RosesWild StrawberriesMissourie GooseberriesPrickly-pear Cactus  
PadsCattailsMintDay-LilliesElderberry FlowersHorehoundMilkweedWild  
OnionsMulberriesPurslaneBuffalo CurrantsSandcherriesJuneberriesMilkweed  
PodsRaspberriesBlackberriesChokecherriesMay-AppleLead PlantWild PlumsWild GrapesRose  
HipsPrickly-Pear Cactus FruitSmooth SumacHighbush CranberriesElderberry  
FruitGroundcherriesHazelnutsHickory NutsBlack WalnutsPecansPaw-pawsBuffalo BerriesWild  
PersimmonsJersulam Artichokes

This books covers, in exquisite detail, the ins and outs of identifying, gathering and preparing wild fruits and grasses found on the plains. The authors also include wonderful, hard to find recipes, such as wild plum jelly.

For a book to contain so much history and useful information is rare these days, when practically everyone is an author. Luckily, Ms. Young wrote this before the rise of the internet, giving her word a wonderful, straight-from-the-card-catalogue charm that is both entertaining and easy to follow. My favorite part of this book is actually it's layout. The author goes through edible plants and their parts SEASONALLY, so the beginning is early spring and the end is late fall. Not only is this a wonderful way to understand when to find edible plant parts, but it's how people of the plains have done for generations!Recently I took a retreat in Omaha, Nebraska for two month of summer. I'm originally from the southwest desert region of the US so many of these plants were new to me. As somewhat of a phytophile and lover of survivalist techniques i purchased this book as my gateway into the world of wild foods from the rich soil of the plain. I knew at the beginning how to spot mulberries and not much else but, after a week with this book i was making elderflower tea, finding wild garlic, and later making elderberry jam.

Focusing on the Great Plains, Young, a naturalist at the Chet Ager Nature Center in Lincoln, Nebr., tells us where to find and how to use various plants. ``When I was growing up in Nebraska, many families still used wild plants on a regular basis, and as a child, I helped my mother gather greens in spring and make wild fruit jams and jellies in autumn. When I had my own family, I carried on these traditions," she explains. And why? ``Not only are certain wild plants nutritious and tasty," she notes, but ``the gathering of them involves the important processes of exploration, discovery and learning. . . . Certainly, garnering part of one's living from wild things creates a keen awareness and

appreciation of the natural world and its cycles.” And so, we learn what to do with stinging nettles: dry them, pulverize them into powder, make noodles from them, or freeze them for future use. With mulberries: bake pies, stew jams, bake cookies; and more of the same for nuts, fruits, vegetables and various plants. Young’s book awakens curiosity about the uses of nature, and it also rouses respect--she doesn’t want to tamper with wild things, but merely to borrow some of their bounty.

This is the most fascinating review of prairie plants! And the recipes are terrific! Good resource for allergy-sensitive people.

This is my second copy; BEST book on edible native plants with descriptions, folklore, facts and delicious recipes.

Disappointing. Should have checked it out at the library. Would have liked photographs rather than line drawings.

Excellent had no idea this was out there until a neighbor who is a herbalist told me about it.

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