



# Northeast Foraging: 120 wild and flavorful edibles from beach plums to wineberries

*Leda Meredith*

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**Northeast Foraging: 120 wild and flavorful edibles from beach plums to wineberries** Leda Meredith

The Northeast offers a veritable feast for foragers. The woods, meadows, seashore, and even city neighborhoods are home to an abundance of delicious wild edible plants. Learn how to find spicy peppergrass seedpods in a sunny meadow to replace store-bought peppercorns. You can gather delicious cattail shoots for a spring salad and even tame some weedy, pungent garlic mustard in your next stir-fry. A passionate wild foods expert, Leda Meredith emphasizes local varieties and traditions, showing you what to look for, when and where to look, and how to gather in a responsible way. For foagers in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Maryland, Delaware, Rhode Island, Ontario, and Quebec.

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