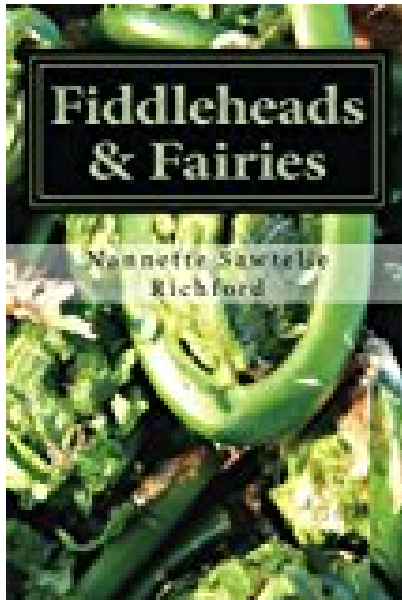


# Fiddleheads & Fairies Fiddlehead Recipes

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## BOOK DETAILS

- Author : Nannette Sawtelle Richford
- Pages : 132 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1499259565

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## BOOK SYNOPSIS

CLICK HERE to download a sample recipe from Pacific Feast \* Features more than 60 recipes from some of the Pacific Coasts best chefs, including David Tanis, Maria Hines, Dustin Clark, Kirsten Dixon, and Tom Douglas \* Accessible and inspiring, Pacific Feast will appeal to home cooks and nature lovers alike \* Conveys a strong conservation and sustainability message throughout the recipes and stories Once thought to be the stuff of back-to-the-landers, foraging has become a gourmet pastime, and there are a growing number of wild-food classes in which experts teach hungry folks how to spot the "food at our feet." Especially fortunate are those of us who live along the Pacific Coast -- from Southern California to Puget Sound to Anchorage -- where the climate provides many a delicacy in our wild (and not so wild) spaces. Pacific Feast shares expert advice on how to identify the good eats, harvest responsibly, and create delicious meals with your finds. Author Jennifer Hahn provides detailed field notes on more than 40 species, including where to find them, which parts are edible, and their best culinary uses. In addition to the delectable recipes from well-known coastal chefs, readers will also appreciate Hahns intimate stories of reveling in natures bounty and Mac Smiths lush identification photographs. With more than 25 years of wilderness travel under her boots and kayak hull--including thru-hiking the Pacific Crest Trail from northern California to Canada and kayaking solo from Ketchikan, Alaska to Washington--writer Jennifer Hahn relies on wild harvesting to keep her pack and kayak light. Jennifers favorite foraged lunch is sea urchin, nori seaweed, and "goose tongue" leaves. She lives in Bellingham, Washington with her potter husband, Chris Moench. To learn more, visit the authors website at [www.pacificfeast.com](http://www.pacificfeast.com)

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