

THE WEEDER'S DIGEST

Identifying and enjoying edible weeds

Gail Harland

- A fully illustrated guide to the benefits of garden weeds, including their many uses from cooking to making paper
- Detailed identification list of over 45 weeds and their uses
- Full colour photographs and illustrations

'What is a weed? A plant whose virtues have not been discovered.'

Ralph Waldo Emerson

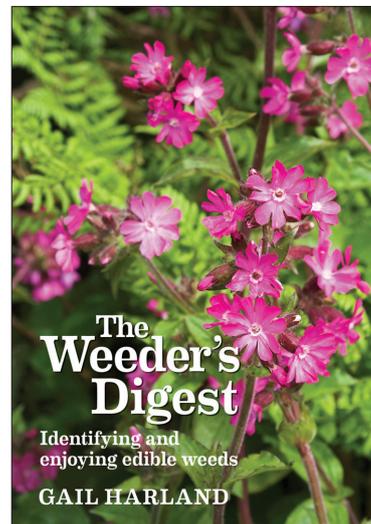
This book is a practical and attractive guide to identifying and using the many edible varieties of weed. It will appeal to gardeners, botanists and horticulturalists, as well as to anyone with an interest in controlling weeds in eco-friendly ways.

The main part of the book provides full details of over 45 species, with advice on how to identify them and use them in the kitchen, including recipe suggestions, as well as tips for non-culinary uses. It includes both the more common weeds, such as nettles, dandelions, chickweed and ground elder, and the less common, such as brooklime and pineappleweed. The directory covers both native and non-native species, including some troublesome invasives. Advice is also given on avoiding plants that are harmful if eaten.

With *The Weeder's Digest* on your bookshelf you can put your weeds to use and need not curse their presence any longer. Whether it's making soup or jam, dyeing fabric or making paper, it's all here. Includes colour photographs throughout.



The Author: Gail Harland has a degree in Nutrition and Dietetics, and was a State Registered Dietitian for over 10 years. She is a freelance writer and photographer who produces regular features on poultry keeping. She is also the author of *Photographing your Garden* (GMC) and co-author of *The Tomato Book* (DK).



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Contents:

Introduction

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The Weeder's Digest

– uses and recipes

Bibliography

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