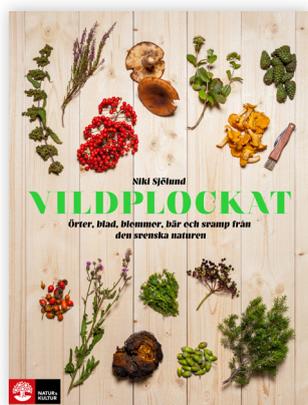


FORAGING HERBS, LEAVES, FLOWERS AND FUNGI IN THE NORDIC COUNTRYSIDE



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Pulling out the flavours

Vildplockat

Niki Sjölund

180x240, 176 p

With the right knowledge an ordinary walk in the woods becomes an exciting search for natural foods and a taste of the wild. In the book Foraging we learn to recognise a great variety of Nordic flowers, herbs, berries, fungi, leaves, roots and bulbs, which are all edible and can be used for cooking.

The Nordic flora has in the last decade been in the spotlight because of chefs working with what is sometimes called new Nordic gastronomy. But it's not only top chefs who can cook pine shoots, wood sorrel, thistle and fern. Many Swedes forage for fungi, but the repertoire can easily be broadened to include everything else on offer in the forests and meadows.

Niki Sjölund has worked as a chef in Stockholm, but in the last few years has focused on collecting and harvesting edible wild plants from forests and fields, the mountains and sometimes from his back garden at home. For Niki the possibility of foraging what nature offers for free without any help from humans has become something of a personal ideology.

– I want people to understand that there is so much more of interest to turn your attention to, than a colourful mobile phone screen. For me the forest has become a place of discovery: what plants grow there, how do you find and identify them, where do they thrive and what qualities do they have?

The book collects information on around 70 different plants: where they can be found, ways of identifying them, taste and appearance, the potential risk of mix-ups and how the best plants can be stored and refined.



About the author

Niki Sjölund grew up in southern Lapland with nature as his playground. A burning interest in nature's own larder combined with his work as a chef, for example at *Ekstedt* och *Gro* in Stockholm, has led him to set up a company that provides wild plants to several top restaurants.



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