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AN ANNOTATED LIST OF REFERENCES

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INTRODUCTION

Americans have a great foraging heritage. Our forebears, both native American and early colonists, relied heavily on the gathering of wild foods to supplement the meager fare available to them from domesticated plants and animals. The untamed land of North America had a wealth of edible foods to offer its settlers. Roots, greens, fruits, nuts and berries were all in abundance. Some were a delight to eat, others it was learned soon had medicinal value as well. It's impressive that, even today, more than 300 years after the first European set foot on this soil, many of those same foods are still accessible to the forager.

This is an annotated list of works on edible wild plants. Plants that can be gathered from a vacant city lot, an urban park, or a verdant woodland. The majority of the books are in print and available for purchase. Noteworthy out-of-print works have been included because they offer significant detail, comprehensive analysis and/or outstanding illustrations. These should be available at a nearby public library, arboretum or botanical garden. Although works have been arranged alphabetically by author rather than grouped in sub-classes, it is important to note that many have special features. Some emphasize recipes, others are field guides. A third group treat of history, lore, legend and early usage. The annotations were designed to help you select those works most suitable for your purposes.

Foraging, like so many outdoor endeavors, can be great fun. It is always important to make your selection carefully by accurate identification of plant species. Some edible plants do have poisonous parts, or poisonous look alikes. If the identity of a plant is in doubt -- don't eat it!

CBHL Plant Bibliography

Angier, Bradford. 1972. Feasting Free on Wild Edibles. Harrisburg, PA, Stackpole Books. 285 p. \$5.95, pap.; Pyramid (pap. \$1.75).

Includes an extensive variety of wild fruits, nuts and greens. While the descriptive material is quite informative, the illustrations are poor.

Angier, Bradford. 1974. Field Guide to Edible Wild Plants. Harrisburg, PA, Stackpole Books. 256 p. \$8.95 (pap. \$4.95).

An excellent, comprehensive field guide--the fine colored drawings simplify identification. Provides interesting early American uses of these plants. Arranged alphabetically by common name, it also includes Latin genus, species and family names. Edible herbs, trees, shrubs, algae and cacti are all dealt with. Recommended.

Badhwar, Rattan L. 1968. Edible Wild Plants of the Himalayas. Delhi, Manager of Publications. 482 p.

A floristic survey of the edible plants of the Himalayan region. Thoroughly scientific in its approach. For each plant the following information is provided: description, distribution, edible parts, season available, local names and Latin names. Colored and black and white drawings. Unfortunately, their quality is inconsistent.

Beedell, Suzanne. 1973. Pick, Cook & Brew. New York, Hippocrene Books. 224 p. \$5.95.

The emphasis here is on recipes: for all kinds of wild foods, fruits, berries and herbs. Brief descriptions, a bit of lore, legend and a simple line drawing accompany the recipes. Presents an interesting variety of wild foods.

Benoliel, Doug. 1974. Northwest Foraging: Wild Edibles of the Pacific Northwest. Lynwood, WN, Signpost Publications. 171 p. \$4.95, pap.

A selection of sixty edible wild plants, authoritatively described, both from the standpoint of structure and habitat. Each plant is illustrated with a drawing of scientific caliber. Several helpful tables pinpoint habitat locations, seasonal availability, and introduced wild plants. A separate section describes and illustrates poisonous plants. Recipes, a glossary of scientific terms, and illustrations of the structure of the flower and the leaf complete this recommended text.

Berglund, Berndt and Bolsby, Clare E. 1971. (The) Edible Wild. New York, Scribner's. 188 p. \$3.45, pap.

The North American wild plants most commonly collected by the Indians and early settlers are included in this unique cookbook, adapted to conform to contemporary tastes and ingredients.

Billy Joe Tatum's Wild Foods Cookbook and Field Guide. Edited by Helen Witty. 1976. New York, Workman. 268 p. \$8.95 (pap. \$4.95).

The alphabetical arrangement by common name is a drawback, as different genera frequently have the same common name. Descriptions are adequate. Simple sketches are included, although not necessarily very helpful as an identification tool. The recipe section offers appetizers, soups, main dishes and desserts all prepared with wild plants.

Brackett, Babette and Lash, Mary Ann. 1975. The Wild Gourmet. Boston, Godine. 160 p. \$12.50 (pap. \$5.95).

A seasonal guide to edible wild plants with recipes for the preparation of gourmet specialties. This is not a field guide; and, although simple line drawings accompany the text, they offer no aid in identifying the plants. A recommended work for the cook who collects wild plants.

Christensen, Clyde M. 1969. Common Edible Mushrooms. Minneapolis, University of Minnesota Press. 124 p. \$6.95 (pap. \$3.45).

The aim of this work is to introduce the novice to 50 edible mushrooms; how to recognize them, where and when to find them, and how to prepare them for eating. Serves as an excellent introduction as it makes a great effort to have the uninitiated learn first and experiment never. Well illustrated with good quality black and white photographs. Descriptive details are excellent.

Dill, Norman, ed. 1965. Edible Plants and Survival. Rodney Scout Reservation. Dover, DE, Tracey Associates. 144 p.

Arranged by common name. Plant descriptions are not included, but a very simple line drawing is provided for each item listed. Information includes Latin name, conditions under which it grows, food application.

Faubion, Nina L. 1972. Some Edible Mushrooms and How to Cook Them. Portland, OR, Binford. 198 p. \$6.50.

A well illustrated field guide for the amateur mushroom hunter. Color and black and white photographs abound. Good quality descriptions in laymen's language. Particularly oriented to the Pacific Northwest, although applicable to other parts of the country as well. Simple instructions for cleaning mushrooms and a short chapter with recipes are appended.

CBHL Plant Bibliography

- Fernald, Merritt L. and Kinsey, Alfred C. 1958. *Edible Wild Plants of Eastern North America*. Rev. ed. New York, Harper & Row. 452 p. \$15.00.

Thorough and comprehensive. Chapter 1 classifies plants according to usage. Includes general instructions on the preparation of soups, vegetables, salads, etc. Chapter 2 deals with poisonous plants likely to be mistaken for edible species. Chapter 3 provides detailed enumeration of the most widely available edible wild flowering plants. Here are included: seasonal availability, habitat, range and key characteristics. A limited number of illustrations. Chapter 4 treats of mushrooms, seaweeds and lichens. An extensive bibliography completes the work.

- Freitus, Joseph. 1975. *One Hundred & Sixty Edible Plants Commonly Found in the Eastern United States*. Lexington, MA, Stonewall Press. 85 p. \$2.95, pap.

A good field guide for the more experienced plant collector. Succinctly describes and illustrates each of the 160 plants. Descriptions are in a scientific framework, and are both authoritative and accurate. A major drawback are the insignificant line drawings which fail to adequately illustrate the great breadth of plants described.

- Furlong, Marjorie and Pill, Virginia. 1974. *Wild Edible Fruits and Berries*. Healdsburg, CA, Naturegraph. 64 p. \$7.95 (pap. \$3.95).

Forty-two wild fruits and berries are described and illustrated with color photographs. The emphasis is on plants readily accessible to the novice as well as the more experienced plant hunter. The descriptive matter is minimal. Relies rather heavily on the color photographs to expand upon the sketchy descriptions.

- Gaertner, Erika E. 1967. *Harvest Without Planting*. Chalk River, Ontario, Published by the author. 65 p.

A most unusual cookbook offering recipes for such exotic fare as: Snapping Turtle soup, Partridge in Ale, and Puffball cutlets. A good companion work to all those guidebooks on edible wild foods.

- Gibbons, Euell. 1971. *Stalking the Good Life; My Love Affair with Nature*. New York, David McKay. 247 p. \$8.95.

The ramblings and reminiscences of one of our most beloved nature writers offers delightful reading to those who enjoy gathering and eating wild foods; or for those who have contemplated doing it. Not a field guide. Gibbons does offer many imaginative and useful suggestions on where to hunt for wild foods.

Gibbons, Euell. 1970. *Stalking the Wild Asparagus*. New York, David McKay. 303 p. \$9.95 (pap. \$3.95, field guide ed.).

A fascinating work from the pioneer of edible wild food enthusiasts. This study originally published in 1962 offers an interesting array of hints on where and how to collect wild foods, cooking techniques and some botanical descriptions.

Gillespie, William H. 1959. *A Compilation of the Edible Wild Plants of West Virginia*. New York, Scholar's Library. 118 p. (Out-of-Print.)

An excellent field guide. Provides Latin and common names, a simple line drawing for identification, the conditions under which it grows, when to collect it, and finally how to cook it.

Groves, J. Walton. 1962. *Edible and Poisonous Mushrooms of Canada*. Ottawa, Canada Dept. of Agriculture, Research Branch. 316 p. (Publication No. 1112). \$11.70.

An outstanding flora of Canada's edible fungi; for professional and amateur. Includes complete scientific descriptions as well as fine quality color and black and white photographs for each species. A well recommended work.

Haard, Karen and Haard, Richard. 1974. *Foraging for Edible Wild Mushrooms*. 2nd ed. Brackendale, B. C., Cloudburst Press. 93 p.

For the very brave interested in learning to identify and collect edible mushrooms, this is an excellent introduction. Thirty-six of the most common species are carefully and thoroughly described. A superb black and white drawing and a fine quality color photograph are included for each species. Instructions for preserving your find are appended.

Hall, Alan. 1973. *The Wild Foods Trailguide*. New York, Holt, Rinehart & Winston. 195 p. \$3.95, pap.

A well designed guide to edible wild foods. Each plant listed includes an illustration, description, and suggestions for its usage.

Harrington, H. D. 1967. *Edible Native Plants of the Rocky Mountains*. Albuquerque, NM, University of New Mexico Pr. 392 p. \$6.95, pap.

An impressively comprehensive work, classified by the edible portion of the plant. For each plant there is a high quality line drawing clearly illustrating each part. A very extensive bibliography accompanies the text. An important chapter on poisonous plants rounds out the information presented.

CBHL Plant Bibliography

Harrington, Harold D. 1972. *Western Edible Wild Plants*. Albuquerque, NM, University of New Mexico Press. 156 p. \$2.95, pap.

Probably the most scientific of the many studies available on wild plants. Plants are treated according to their edible underground parts, leaves, shoots, fruits and nuts. Line drawings illustrate the text. The final chapter treats of poisonous plants.

Harris, Ben C. 1969. *Eat the Weeds*. Barre, MA, Barre Publishers, 223 p. \$3.95; Keats, 1973. \$1.50.

A comprehensive compendium of information on edible weeds arranged in dictionary format by the common name. Provides extensive details on the vitamin and mineral content of these plants along with considerable details on their preparation as foodstuffs.

Hatfield, Audrey Wynne. 1967. *Pleasures of Wild Plants*. New York, Taplinger. 198 p. \$5.95.

For those interested in the flora of Great Britain, this work will be welcomed. Contains much fascinating history, lore and legend, along with good botanical descriptions and high quality wood engravings. Simple recipe suggestions are listed in a separate section.

Hedrick, U. P., ed. 1972. *Sturtevant's Edible Plants of the World*. New York, Dover. 686 p. \$6.95, pap.; New York, Peter Smith. \$8.50.

A comprehensive treatise on the edible plants of the world, wild and cultivated. Provides common names, family names, and a description ranging from basic usage to a detailed analysis of its historical uses. Indexes to synonyms and common names are appended. An excellent work; well recommended.

Kirk, Donald R. 1975. *Wild Edible Plants of the Western United States, Including Also Most of Southwestern Canada and Northwestern Mexico*. 2nd ed. Healdsburg, CA, Naturegraph Pub. 307 p. \$8.95 (pap. \$4.95).

More than 300 plants are listed in this concise field guide to the edible plants of the western United States. The line drawings, intended to aid in the identification of the plants, are unfortunately particularly poor in quality.

Knap, Alyson Hart. 1975. *Wild Harvest: An Outdoorsman's Guide to Edible Wild Plants in North America*. New York, Pagurian Press. 192 p. \$8.95.

Informative and interesting. Impressive in its detail, providing both a good botanical description and helpful suggestions on prepar-

ing these plants for the dinner table. Flowering time, geographical range and habitat are pinpointed for ease in locating. Although the plants covered are not unusual, the material offered is noteworthy. The over simplified line drawings are an exception. A recommended work.

Knutsen, Karl. 1975. Wild Plants You Can Eat: A Guide to Identification and Preparation. Garden City, NY, Doubleday. 89 p. \$3.95, pap.

An excellent book for the beginner. Lists more than 25 different plants. Details on where to find, how to harvest, when to harvest. Edible parts are clearly and succinctly spelled out. Several recipes accompany each plant. The only drawback are the photographs which are not always an aid in identification.

Krochmal, Arnold and Krochmal, Connie. 1975. Naturalist's Guide to Cooking with Wild Plants. New York, Quadrangle. 336 p. \$10.95.

An informative, well-organized work which covers an impressive variety and number of plants. Brief, but thorough descriptive material. Recipes are appetizing, yet simple to follow. One major drawback is the poor quality of the photographs and drawings.

Lovelock, Yann. 1973. The Vegetable Book; An Unnatural History. New York, St. Martin's Press. 383 p. \$10.00.

More a history of edible plants than a guide to wild foods. Surveys and provides good background material on a wide variety of food plants from around the world.

Lucas, Jennette M. 1945. Indian Harvest; Wild Food Plants of America. Philadelphia, J. B. Lippincott. 118 p. (Out-of-Print).

Traces America's heritage of wild foods back to its earliest settlers, the Indians. Provides much fascinating historical background on how the Indians gathered, prepared and used the wild foods that frequently served as the mainstay of their diet. Excellent drawings accompany the text. Particularly valuable for junior high school aged students.

McCracken, Derwood. 1975. Mother Nature's Recipe Book. Willits, CA, Oliver Press. 151 p. \$3.95, pap.

Emphasizes the food uses of wild plants. Provides excellent recipes for preparing jellies, vegetables, desserts, salads and breads. Berries are widely represented in the plants selected. Fails, unfortunately, to clearly define geographical habitat. Illustrations are impressionistic drawings, not particularly helpful for purposes of identification. Good suggestions for coffee substitutes.

CBHL Plant Bibliography

- Manning, David and Jason, Nancy. 1974. *Some Useful Wild Plants*. Vancouver, B. C., Talonbooks. 174 p. \$5.00, pap.

Intended as a guide to the wild plants of British Columbia. Pinpoints environment in which it most frequently grows. Notes approximate time of flowering while also providing a brief description of the plant. Medicinal uses are highlighted. Interesting drawings accompany the text. Categories of plants treated include: herbs and shrubs, berries, seaweeds, trees and poisonous plants. Unfortunately, the index only lists common names. An impressive work.

- Mabey, Richard. 1974. *Food for Free*. New York, Scribner. 192 p. \$8.95.

An excellent survey of the wild food plants of Great Britain, both for its interesting anecdotes and its practical hints on usage. The descriptions are sketchy and the illustrations are poor. Nevertheless, an interesting work. It's fun comparing the British common names to those used in North America. For example, *chenopodium alba* which we call Lamb's quarters are known as mutton chops in England.

- Medsger, Olive P. 1966. *Edible Wild Plants*. New York, Macmillan. 323 p. \$3.95, pap.

A classified arrangement based upon like kinds of edible foods. Thorough and comprehensive, covering an impressive number and variety of food plants. Detailed descriptions are provided, along with habitat, range and seasonal availability. A well recommended work.

- Merrill, Elmer D. 1943. *Emergency Food Plants and Poisonous Plants of the Islands of the Pacific*. Washington, U. S. Government Printing Office. 149 p.

An unusual survival manual presenting an outline drawing, a description of the edible parts, and a warning against portions that are poisonous.

- Michalowski, A. M. and Michalowski, M. J. 1963. *Handbook of Florida Edible Wild Plants and Those That Are Poisonous*. St. Petersburg, FL, Great Outdoors Publishing Co. 63 p. (Out-of-Print).

Listed are 105 edible plants including varieties of shrubs, trees, mushrooms, weeds, etc. One serious drawback is the poor quality of the illustrations.

- Mohney, Russ. 1975. *Why Wild Edibles? The Joys of Finding, Fixing and Tasting--West of the Rockies*. Seattle, Pacific Search. 317 p. \$6.95, pap.

Morton, Julia. 1962. Wild Plants for Survival in South Florida.
Miami, Hurricane House. 80 p. (Out-of-Print).

The basic arrangement is by the locale in which the various plants grow. Black and white photos are provided for the majority of the plants. Latin name, common name and a brief botanical description are included. Usage is also indicated.

Russell, Helen Ross. 1975. Foraging for Dinner; Collecting and Cooking Wild Foods. Nashville, TN, Thomas Nelson. 255 p. \$5.95.

An informative guide to selecting and foraging for wild foods. Excellent recipes. An appendix lists seasonal availability and special habitats. Not a field guide. Simple sketches are included.

Saunders, Charles Francis. 1976. Edible and Useful Wild Plants of the United States and Canada. New York, Dover. 275 p. \$3.00, pap.

Valuable for its excellent collection of early American uses of a wide variety of edible wild plants. Fact and fiction are joined to form a fascinating narrative. Descriptions are wanting. Illustrations are poor, but nevertheless, a worthwhile book.

Silverman, Maida. 1977. A City Herbal; A Guide to the Lore, Legend, and Usefulness of 34 Plants That Grow Wild in the City. New York, Alfred A. Knopf. 181 p. \$10.00 (pap. \$5.95).

Uniquely comprehensive, distinctly informative. A fascinating compendium of historical facts, folk lore and medicinal and food uses. For the urbanite who hears the call of the wild, but cannot escape the asphalt and concrete, this work will lead him to greener pastures right in his own backyard. Well recommended.

Stubbs, Ansel H. 1971. Wild Mushrooms of the Central Midwest. Lawrence, KS, University Press of Kansas. 135 p. \$6.95.
(Available from Regents Press, KS).

Although particularly valuable for Midwest mushroom hunters, many of the genera listed are widely available throughout the United States. Functions well as a field guide as descriptions are clear cut and precise. Unfortunately, the illustrations do not serve any real aid in identifying the fungi.

Sweet, Muriel. 1962. Common Edible and Useful Plants of the West. Healdsburg, CA, Naturegraph. 64 p. \$6.50 (pap. \$2.50).

Grouped according to the kind of plant, this excellent work offers good botanical details with a significant amount of information on the history of its usage. The illustrations are somewhat crude line drawings.

CBHL Plant Bibliography

Sweet, Muriel. 1975. *Common Edible and Useful Plants of the East and Midwest*. Healdsburg, CA, Naturegraph. 79 p. \$6.50 (pap. \$2.50).

While careful to point out the dangers of poisonous plants, this work fails to provide a thorough accounting of the richness of mother nature's harvest. Descriptions are brief and sometimes vague. Illustrations are ineffectual line drawings that only barely hint at a plant's appearance.

Szczawinski, Adam F. and Hardy, George A. 1962. *Guide to Common Edible Plants of British Columbia*. Victoria, B. C., British Columbia Provincial Museum, Handbook No. 20. 90 p.

An excellent pocket guide for the hiker, mountain climber and wild food enthusiast. Fine quality woodcuts and wood engravings complement the simple, but informative text.

Thompson, Steven and Thompson, Mary. 1973. *Wild Food Plants of the Sierra*. Berkeley, Dragtooth Press. 186 p. \$2.95, pap.

Lacks good descriptions and/or illustrations of the whole plant. History of usage, lore, legend and medicinal properties comprise bulk of discussion. Illustration is of edible portion. Not for the beginner. A few recipes.

Tomikel, John. 1976. *Edible Wild Plants of Eastern U. S. and Canada*. California, PA, Allegheny Press. 99 p. \$8.00 (pap. \$3.00).

For the layman. Non-scientific language and descriptions are used throughout the text. However, botanical names are always included. A major drawback is the inferior quality of the line drawings. Nevertheless, a good compendium of helpful information for the hobbyist, which is the author's stated purpose. Poisonous plants are also identified.

Tomikel, John. 1973. *Edible Wild Plants of Pennsylvania and New York*. Pittsburgh, PA, Allegheny Press. 88 p. \$5.00 (pap. \$2.50).

Four primary categories of plants: water plants, shrubs and trees, low plants and lichens and fungi, are presented along with a very brief description, suggestions for usage and a small line drawing.

Villareal, Ruben L. and Opena, Romeo T. June 1976. "The Wild Vegetables of Southeast Asia." *American Horticulturist*. 55(3): 22-25, 29.

A brief, but informative survey of several unique, wild vegetables of southeast Asia; how to prepare them, and their potential as nutritive supplements in protein poor nations. Includes a few recipes.

Williams, Kim. 1977. *Eating Wild Plants*. Missoula, MT, Mountain Press Pub. Co. \$5.95, pap.

Not a field guide for it provides neither a botanical description nor an illustration suitable for identification. Interesting for its collection of folk tales, ancient uses, and recipes appropriate to the contemporary cook. Much emphasis on the nutritive value of wild foods. An informative section provides an introduction to collecting edible mushrooms. Another section discusses herb teas available in the wild. Recommended for its excellent background information.