

## BOOK REVIEWS

DAVID HAMILTON. 2019. **Family Foraging**. (ISBN-13: 978-1-6118-0684-7, pbk). Roost Books, 4720 Walnut Street, Boulder, Colorado 80301, U.S.A. (Orders: roostbooks.com). \$16.95 US, 143 pp., index, 6½" × 8¾".

With the recent resurgence of outside time for families and the seemingly endless search for kid-friendly activities, why not look to foraging for a new way to learn and grow together? *Family Foraging* by David Hamilton helps families connect to nature on a new level through this age-old practice. Foraging for edible plants has the potential to build or reinforce a deep connection to nature and brings the obvious benefit of finding food hiding in plain sight, even in familiar places. And while many edible wild plants can be found in remote woods or other difficult to access areas, there are many that may be found as near as your own backyard or neighborhood greenspace—wild food that is commonly overlooked unless one is in the know!

In this book, David Hamilton offers an easily digestible guide for anyone curious about learning to forage in North America. It contains information helpful to the complete novice—including what to bring, where to go, and what to look for—and is a good non-technical introduction to foraging. As such the plants included in this guide tend to be easy to identify with few if any look-alikes. Hamilton even goes so far as to offer inspiration for encouraging young children to participate (and how to safely include them), making it ideal for families hoping to instill a passion for plants in young explorers. This book is organized by season with general descriptions of landscapes commonly foraged, each with a short list of plants typically found there making it easy to use. An appropriate emphasis on proper identification including common look-alikes where applicable is succinct and well written; also included are example recipes for each foraged plant: how to properly prepare and enjoy your wild, foraged food. Not so thick and dense as to be overwhelming, and with trendy graphics, helpful range maps, and a very readable layout, this was a quick, informative, and enjoyable read.—*Rachel Carmickle, Herbarium Technician, Botanical Research Institute of Texas, Fort Worth, Texas, U.S.A.*

DAN DOURSON AND JUDY DOURSON. 2019. **Wild. Yet Tasty: A Guide to Edible Plants of Eastern Kentucky**. (ISBN-13: 978-1-94-966903-9, pbk) The University Press of Kentucky, 663 S. Limestone St., Lexington, Kentucky 40508-4008, U.S.A. (Orders: kentuckypress.com). \$14.95 US, 44 pp., 29 line drawings, 6" × 9".

Briefly researching the subject reveals that there are hundreds of field guides either including Kentucky or exclusive to Kentucky and even to specific areas of Kentucky. Millions of people visit Kentucky every year to enjoy the natural beauty of Kentucky and a significant percentage of them choose to be equipped with one or more field guides to this or that which can be found in Kentucky. This guide is useful especially to the beginning “forager” and aspiring hunters of wild foods.

The first edition of this geographically specific volume has stood the test of time, the original having been published in 1984, as this is the second edition. For the fancier of eastern Kentucky who is also interested in wild food foraging, this is a compact treasure as it is sufficiently descriptive without being oppressively technical.

The book covers 21 species of edible plants and one very popular genus of edible mushrooms (*Morchella*), the morels. The numerous species of morels are similar enough that the identification information offered by this guide is sufficient (if followed carefully and completely). Carefully and completely refers to the need to become familiar with the general information at the very beginning of the book and continuing through page 6 that must be understood and heeded as well as the specific listing for each of the 22 varieties which are accompanied by well-rendered pen and ink drawings that include salient identification characteristics. If there are any terms used in the identification descriptions that aren't familiar the forager can refer to the glossary on page 37.

Note for the absolute beginner: It is always best to begin the study and practice of wild plant foraging in the company of an experienced forager. There is also the matter of local hazards, such a poison ivy, and such as venomous snakes and other denizens of the forest that you will do well to watch out for and even better to become familiar with them so as to be able to avoid the dangerous ones.

Clubs, organizations, and societies exist in all states and can be sought out through the internet or by inquiring at institutions such as botanical gardens and natural history museums. These groups typically host workshops and trips to the woods which can be invaluable to the beginner and even intermediate foragers.

This well-crafted guide can be used exclusively by those only interested in the Eastern part of Kentucky or it can be the gateway to a vast, very interesting, and potentially delicious and healthful world of wild food foraging.—*Billy G. Stone, Botanical Research Institute of Texas, Fort Worth, Texas, U.S.A.*