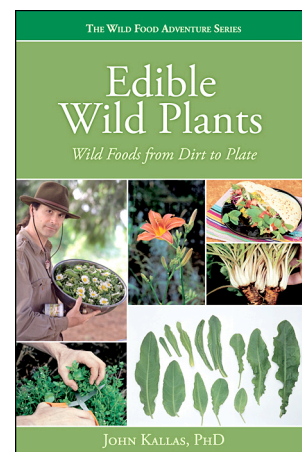


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Wild Foods from Dirt to Plate

Edible Wild Plants is the definitive work on identifying, harvesting & dining on wild foods.

PORTLAND, Oregon – April 2010 – Learn the wealth of food that yards, gardens and neighborhoods have to offer. *Edible Wild Plants: Wild Foods from Dirt to Plate* (Gibbs Smith, \$24.99, PB, ISBN: 978-1-4236-0150-0, June 2010) by John Kallas, Ph.D., shows readers how to identify, harvest and prepare beautiful, nutritious and delicious edible wild plants found within walking distance of their kitchens.

Edible Wild Plants is ground-breaking: It's the first book to make wild foods understandable and usable by the general public—including gardeners, chefs, dieters, home cooks and nutrition-minded consumers. It offers an organized way to understand the plants and will give readers the know-how to use each one in a variety of dishes.

This book focuses on abundant and nutritious wild greens, vegetables and seeds eaten by our European ancestors. The same plants are found throughout North America. These healthy greens are the core of the true Mediterranean Diet. The book reveals what wild foods are all about, shows dramatic evidence of their potential, and how they can be incorporated into everyday modern life. First ever nutrient tables directly compare these wild foods to our domesticated vegetables.

John Kallas makes it fun and easy to learn about foods you've unknowingly passed by all your life. Through gorgeous photographs, playful, but authoritative content, and ground-breaking design, he gives you the knowledge and confidence to finally begin eating and enjoying edible wild plants.

Wild Foods from Dirt to Plate divides plants into four flavor categories -- foundation, tart, pungent, and bitter. Categorizing by flavor helps readers use these greens in pleasing and predictable ways. According to the author, combining elements from these different categories makes the most interesting and delicious flavors. Imagine what you could do with eighteen delicious new vegetables in your dining arsenal including purslane, chickweed, curly dock, wild spinach, sorrel, and wild mustard, among others. This book is an attractive addition to any personal library.

John Kallas has investigated edible wild plants since 1970 and taught about them since 1978. A trained botanist, nature photographer, writer, researcher, and teacher, Dr. Kallas founded Wild Food Adventures in 1993 and was the primary writer and editor of *Wild Food Adventurer*, a newsletter he published from 1996 to 2006. He's headquartered in Portland, Oregon.

Over the past 40 years, Gibbs Smith has been specializing in beautifully illustrated lifestyle books covering topics such as interior design, architecture, cooking, children's, home, green/sustainable and many more. Gibbs Smith publishes books designed to enrich and inspire mankind.

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