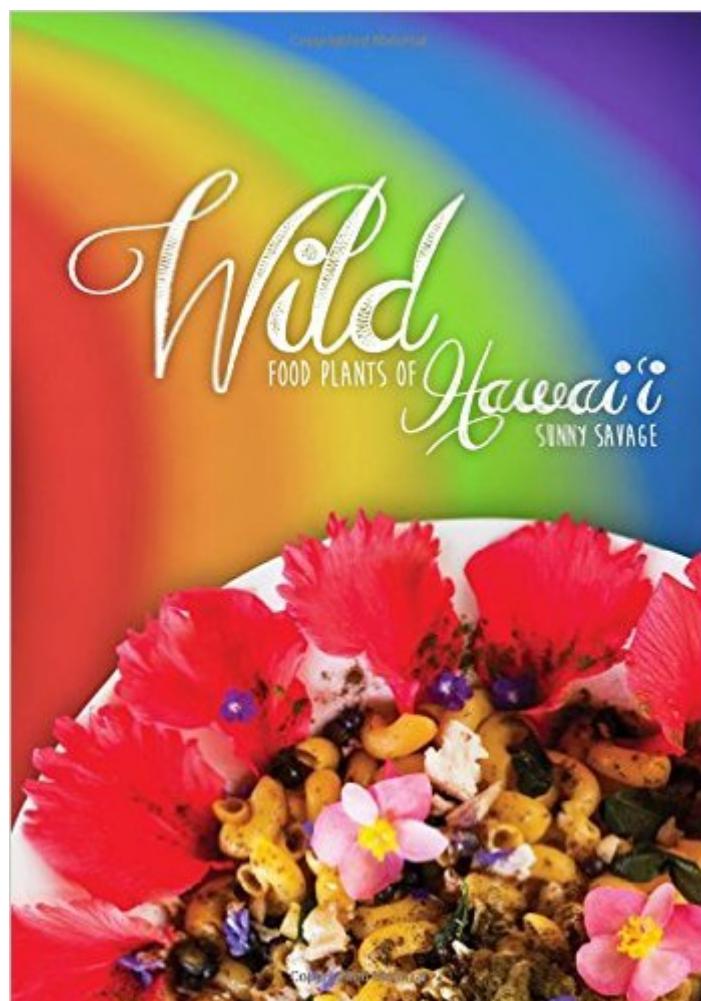


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# Wild Food Plants Of Hawai'i



## Synopsis

Not since 1967, when Beachcomber's Handbook by Euell Gibbons was published, has there been a wild food book for Hawai'i. In these long anticipated pages, Sunny Savage, host of the wild food cooking show Hot on the Trail and a 2014 TedxMaui presenter, takes us on an adventure into the wilds of Hawaiâ™i and her wild-inspired kitchen. A springboard for anyone curious about wild foods, it is brimming with inspiration that makes you want to jump into eating one wild food every day.

## Book Information

Paperback: 164 pages

Publisher: CreateSpace Independent Publishing Platform (February 12, 2015)

Language: English

ISBN-10: 1500955108

ISBN-13: 978-1500955106

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ  See all reviewsÂ  (18 customer reviews)

Best Sellers Rank: #826,472 in Books (See Top 100 in Books) #53 inÂ  Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Hawaii #900 inÂ  Books > Reference > Encyclopedias & Subject Guides > Cooking #1393 inÂ  Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

## Customer Reviews

We vacation in Hawaii and found this book to be a wonderful guide to understanding the wild foods of the region. Lovely photos of the plants and loving descriptions of their uses belays a joy and respect towards the plants and fruits. Our goals on our vacations to tropical locales includes visiting wild areas and local markets to experience the foods of true locals, this book is a great guide to using the plants and fruits we can find in the wild and at markets to enhance our trips. Highly recommended!

Not since Euell Gibbons' "Stalking the Wild Asparagus" and "Beachcomber's Handbook", has there been such a helpful guide to foraging the wild edibles, and the best part is that this one is perfect for those of us living in the Hawaiian Islands...I knew about some of the plants mentioned but not all of them. The book is beautiful with wonderful photography and some lovely recipes! Perfect book to

take 'into the wild' ...fun book to start our keiki learning about all the lovely things that are edible all around us!

Food is the first magic people mastered. With the ubiquity of grocery stores, much of that early, wild magic has been lost. Sunny Savage shows us how to find that magic again â€“ in our backyards! Sumptuous photography and enlightening text enamor us with the enchanting prospect of foraging â€“ and the practical knowledge to pull it off! The authorâ€™s enthusiasm for eating wild inspires! And her many helpful tips provide the expert know-how to get started right away and with confidence (she holds a Masters degree in Nutrition Education). Though this physically beautiful book focuses on the wild edible plants of Hawaiâ€™i, thereâ€™s plenty of useful information for eating wild foods everywhere. A great gift for all our friends who enjoy picnics and nature hikes.

Informative for the wild food novice or seasoned Hawaiian forager, Wild Food Plants of Hawaii, with its infectious delight in the subject, gorgeous and visually enticing photos, practical advice and excellent resource links, is an invitation to walk the earth in a new way, gather nature's bounty, experiment, and get one's cooking creativity recharged.

What a beautifully executed book! In the short space of 150 pages, Sunny has delivered a well integrated guide to all aspects of wild food foraging that will appeal to everyone. If you have an artistic sense you will love the satin feel of the cover and the rich design and color photos on each page. If you are just starting out, you will be reassured by the clear practical tips on identification and foraging. If you on your way but want to know how a true forager makes it real on a daily basis and just how deep the social implications of embracing wild foods can take us, the story is here. For a resident of Hawaii like myself, the book is true a gift that I could not be more thrilled by. I know I will use it as a pleasure and a resource that I will turn to again and again. Whether you want to fly randomly through the book hopping from page to page tasting the delights or slowly and methodically take in the information from start to finish, Wild Food Plants of Hawaii will satisfy. I know I am gushing, but do yourself a favor and buy this impressively well written book.

I was so excited to discover this beautiful book on wild foods of Hawai'i. It is a great resource for both the person who is newly interested in learning about wild foods and also the more experienced forager. The book is chocked full of information on location, ethical harvesting, nutritional benefits and many other interesting and useful tidbits. Sunny Savage's enthusiasm pours out of the

photographs in a rainbow of color, beauty and spirit of adventure. What an inspiration! I love it!

"Wild Food Plants of Hawaii" is a life changing book. This afternoon, for instance, I ran out and chopped some purslane from my yard to add to a frittata. This succulent plant is a à œweedâ • that I used to try to eradicate. But after reading "Wild . . ." Iâ™ve been seeking this omega-3, beta-carotene, superstar of nutrition and discovering new ways to use it. The book is packed with information. Your next hike can have a culinary bonus. Your everyday meals can have fresh added minerals and nutrients à " for free. Sunny Savage will make you see kiawe (those trees with the huge thorns) with new appreciation; the pods are delicious and, she says, à œa nutritious gem.â • She tells how to pick the plants wisely. For kiawe, you need to avoid mold; using a UV flashlight takes care of that, she says. Instead of ignoring some of the thousands of pounds of wasted kiawe pods that drop each year in Hawaii, you can use them for kiawe flour or refreshing drinks. Although "Wild . . ." is not recipe book, Sunny Savage has included enough recipes to inspire me to try hers à " and to experiment too. Youâ™ll be having new flavors in your fresh salads, main courses, desserts à " and perhaps even fermenting some sparkling drinks after you read Sunnyâ™s book. And the photographs are spectacular! Also Sunny includes a list of helpful resources and a bibliography. If you live in Hawaii or visit, get this book. Youâ™ll look at roadside à œweedsâ • with new appreciation à " and knowledge of how to turn them into healthy additions to your meals.

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