

Forage, Harvest, Feast

A Wild-Inspired Cuisine

Marie Viljoen

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485 recipes, 36 plants—A food-lover's guide to transforming any terrain's wild edibles into exceptional flavors, dishes, and drinks

Marie Viljoen is a forager, cook, photographer, gardener, and writer based in New York City. She has been profiled by *The New York Times* and *Martha Stewart Living*, is the resident forage expert for *Edible Brooklyn* and *Edible Manhattan*, and her stories have appeared in national publications like *Better Homes and Gardens*. Her latest book, *Forage, Harvest, Feast*, is a groundbreaking collection of nearly 500 recipes incorporating wild ingredients into everyday and special-occasion fare. Motivated by a hunger for new flavors and working with 36 versatile wild plants, Viljoen offers deliciously compelling recipes for everything from cocktails and appetizers to entrées, desserts, ferments, spices, and more.

Here's what makes this book the most comprehensive wild foods cookbook on the market:

- **Volume of Recipes:** No other book focusing on wild foods includes this many recipes. It's like Alice Water's *Vegetables*, but for wild edibles.
- **Range:** It makes unfamiliar ingredients familiar by treating them to a thorough culinary examination, from cocktails to desserts. The range of recipes serves to normalize intimidating ingredients.
- **Sophistication:** Viljoen interprets each ingredient with a virtuosic confidence in their range of properties. The recipes illuminate virtually unknown American spices and herbs—like spicebush, bayberry, prickly ash, and sumac—which have the potential to become staples in American kitchens.
- **Sustainability:** The book advocates the ethical and sustainable collection of vulnerable native plants like ramps and fiddleheads, and encourages their cultivation, rather than a reliance on wild harvest only. It also brings new life to forgotten American vegetables like common milkweed and pokeweed and provides a myriad of uses for invasive weeds like field garlic, mugwort, and Japanese knotweed.

Join Marie Viljoen on her quest to “tame the feral kitchen,” and make it recognizable and welcoming to regular cooks. See the reverse side of this page for a sample recipe for Pan-Fried Scallops with Cattail Pollen and White Sweet Clover and you can follow along with her daily projects on Instagram @66squarefeet.



Marie Viljoen has loved edible plants since her childhood in South Africa. Her urban and edible gardens have been profiled by *The New York Times* and *Martha Stewart Living*, she is a regular contributor to *Gardenista*, and her stories and photographs have appeared in *Saveur*, *Better Homes and Gardens*, and many other publications. Marie is the author of *66 Square Feet* and leads sought-after seasonal wild plant walks in New York City, where she lives in Brooklyn with her husband, Vincent Mounier.

<http://media.chelseagreen.com/forage-harvest-feast>

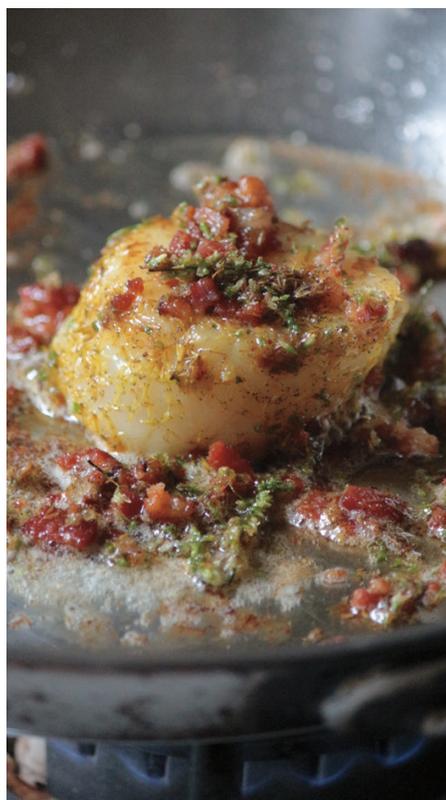
Pan-Fried Scallops with Cattail Pollen and White Sweet Clover

Serves 4 as an appetizer

The sweetness of plump sea scallops is a delicious contrast with cattail's toasty-corn character, offset by the smokiness of good bacon. Adding white sweet clover (invasive *Melilotus albus*) adds an additional layer of honey-like complexity to a quick dish that you will not forget in a hurry.

4 ounces (113 g) bacon
3 tablespoons Dried Male Cattail Flowers
8 sea scallops
½ teaspoon Sweetfern Salt
4 tablespoons white sweet clover stripped
from the stalk (80 flower stalks)
2 tablespoons butter

Chop the bacon very finely and add it to a skillet over medium-high heat. Cook until the fat begins to run and the bacon to brown. While it is cooking, scatter the cattail evenly on a clean work surface and roll the scallops gently over it to coat them. Sprinkle one side of the scallops with some Sweetfern Salt. Reduce the skillet heat to medium. Place the scallops salted-side down in the pan and cook for 4 to 5 minutes with the bacon. Just before turning them over, sprinkle half of the white sweet clover flowers across the scallops. Add the butter to the pan and as it begins to melt, flip the scallops gently over. Tilt the pan occasionally to catch the fat and baste the cooking scallops with it. Sprinkle the rest of the white sweet clover flowers across the scallops. Continue to cook for a total of about 4 minutes, until the scallops offer a small amount of resistance when pressed. It is fine for their middles to be slightly uncooked. Serve hot, with the pan scratchings piled on top of the scallops.



DRIED MALE CATTAIL FLOWERS

In early summer I strip immature, green male cattail flowers—before they have opened enough to shed their pollen—to dry and use later in the year. Simply spread them out in a very thin layer on parchment and allow them to air-dry, turning a couple of times a day. If the flowers are not dry when you seal them in jars or bags, they can become mildewy (although if this happens, toasting them for 10 minutes in a 300°F/150°C oven does wonders). Dipping into that jar months later, you may find that the pollen has become separated from the fibers—it is bright yellow, feeling as silky as cornstarch on your fingers. Just shake the jar up and measure what you need.