



Fat of the Land: Adventures of a 21st Century Forager

Langdon Cook

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Foraging is not just a throwback to our hunter-gatherer past; it's a way to reconnect with the landscape. And Langdon Cook is not just your typical grocery cart-toting dad. For him, gourmet delicacies abound, free for the taking if we just open our eyes. As a result, he finds himself free-diving in icy Puget Sound in hopes of spearing a snaggletooth lingcod, armed with nothing more than a "Hawaiian sling." He bushwhacks through rugged mountain forests in search of edible mushrooms. He strings up a fly rod to chase after sea-run trout. He even pulls on the gardening gloves to collect stinging nettles. In wry, detailed prose, he traces his journey from wrangler of pre-packaged calories to connoisseur of coveted wild edibles. Structured around the seasons of the year, each chapter focuses on a specific food type and concludes with a recipe featuring the author's hard-won bounty, a savory stop to each adventure-filled morsel.



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