



The Hedgerow Cookbook: 100 delicious recipes for wild food

Wild at Heart

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Discover the wonders of wild food, from berries to fresh salad leaves to nuts and hips ; all of which are wonderful foods free on our doorstep. The authors behind the Wild at Heart company show you how to identify and cook a range of wild foods. How to use wild foods creatively in 100 easy recipes: from jams, jellies and chutneys to starters, main courses, cakes, puds, cocktails and cordials

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