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## **Foragers- Eating Wild Food** ~~Eating On The Wild Side~~

Eating on the Wild Side reveals the solution -- choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition ...

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Eating on the Wild Side looks like a great resource for

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gardeners, and gives lots of buying and cooking info for a wide range of plant foods. But having said that, I have a few caveats for those who might look to this book as the last word on the issue (and I've seen it cited quite a few times).

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Buy Eating on the Wild Side: The Missing Link to Optimum Health Unabridged by Jo Robinson (ISBN: 9781478950936) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Eating Wild: Getting Wild Nutrition from Modern Food, Sound Consumer, Includes suggestions on choosing lettuces, leafy vegetables, potatoes and more. Eating on the Wild Side - International Association of Culinary Professionals (IACP) 2014 Food Writing Award Winner Read about Eating on the Wild Side in Slow Food USA and GlutenFreeGirl.com

~~Eat Wild - Eating on the Wild Side~~

How to Eat on the Wild Side Robinson goes on to describe how to choose the best varieties today and how to select, store and prepare them for optimal

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nutrition. The book is divided into two sections: Fruits and Vegetables, with each chapter dedicated to a group of edibles.

~~Book Review: Eating on the Wild Side~~

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Eating on the Wild Side reveals the solution -- choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of



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these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition ...

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In her new book, *Eating on the Wild Side*, Robinson argues that our prehistoric ancestors picked and gathered wild plants that were in many ways far more healthful than the stuff we buy today at...

~~'Eating On The Wild Side:' A Field Guide To Nutritious ...~~

" Eating on the Wild Side is a wonderful, enlightening

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book. Jo Robinson has done a magnificent job of bringing together information from so many diverse disciplines--most of it unknown to nutritional scientists, physicians, and lay people alike."— Loren Cordain, Ph.D., author of The Paleo Diet

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Eatwild was founded in 2001 to promote the benefits—to consumers, farmers, animals, and the planet—of choosing meat, eggs, and dairy products from 100% grass-fed animals or other non-ruminant animals fed their natural diets.

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~~EatWildaaa~~

Her most recent book, *Eating on the Wild Side: The Missing Link to Optimum Health*, published by Little, Brown and Company, extends her expertise to reclaiming the lost nutrients of fruits and vegetables.

~~Eat Wild - Meet Jo~~

*Eating on the Wild Side* (CHES) *The Missing Link to Optimum Health* One of the best books you will ever read on the science and practical advice on how to increase the phytonutrients in your diet from fruits and vegetables. Pearls of wisdom are listed under each fruit or vegetable.

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~~Eating on the Wild Side (CHES) – Helm Publishing~~

An excellent way to begin eating on the wild side is to add more nutrient-rich greens to your diet. You will find many highly nutritious varieties at supermarkets, salad bars, and some restaurants. You will find even more healthful greens when you shop in natural-food stores, farmers markets, or buy seeds for your garden.

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The mixed media sculpture was built in 1988 at Seattle's Fishermen's Terminal in honor of the fishermen who have died at sea. Atop is a bronze

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fisherman, shown pulling a halibut over the rail. We have adapted the image to additionally serve as the logo for the Eat on the Wild Side site.

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