

Hedgerow: The River Cottage Handbook No. 1

An Exploration of the Culinary and Ecological Delights of Hedgerows

Hedgerows are a vital part of the British landscape. They provide food and shelter for wildlife, help to reduce pollution, and can even improve our mental health. But despite their importance, hedgerows are often overlooked and undervalued.

This book aims to change that. Written by hedgerow enthusiast and River Cottage regular John Wright, *Hedgerow* is a comprehensive guide to the culinary and ecological delights of hedgerows.



Hedgerow: River Cottage Handbook No.7 by John Wright

★★★★☆ 4.7 out of 5

Language : English
File size : 142412 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 382 pages



The book is divided into two parts. The first part provides an overview of hedgerows, their history, and their importance to the environment. The second part is a practical guide to foraging and cooking with hedgerow plants.

Wright's writing is engaging and informative, and he has a deep knowledge of his subject. He shares his passion for hedgerows with the reader, and he makes a convincing case for why we should all be doing more to protect and preserve them.

Whether you're a seasoned forager or a complete novice, you're sure to learn something new from this book. Wright's recipes are easy to follow and delicious, and they showcase the versatility of hedgerow ingredients.

If you're looking for a book that will inspire you to get outside and explore the hedgerows, then this is the book for you. *Hedgerow* is a beautiful and informative book that will make you appreciate the hedgerows in a whole new way.

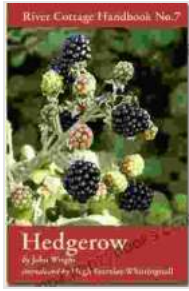
Here are just a few of the things you'll learn from this book:

- How to identify and forage for hedgerow plants
- The nutritional and medicinal benefits of hedgerow plants
- How to cook with hedgerow plants, with over 50 recipes
- The ecological importance of hedgerows
- How to create and manage hedgerows

If you're passionate about food, nature, or the environment, then you need to read this book. *Hedgerow* is a beautiful and inspiring book that will change the way you see the hedgerows.

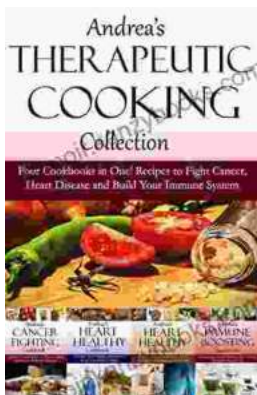
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