



**The Urban Forager**  
**How to find and cook wild food in the city**  
 Photographs by Marco Kessler  
 Wross Lawrence

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- Find wildly delicious food for free in the city with this modern field guide to foraging, containing 32 recipes

Hawthorn berry ketchup, cherry blossom shortbread, nettle ravioli, elderflower fritters, cowslip summer rolls... these are just some of the tasty and surprising dishes you can make from wild food found in your city. With stylish photography and expert advice from a professional forager, this book explains how to identify 32 easy-to-find plants in the city and cook up a wild feast. Leaves, nuts, berries, branches, flowers and even weeds are all in the mix, proving that, even in urban spaces, there is an abundance of delicious food waiting to be discovered (and devoured).

Contents:

Biographies

Foraging tips

Ingredients/Recipes

**Wross Lawrence** is a professional forager living in London and Sussex, UK. Wross supplies foraged ingredients to organic food delivery service Able & Cole as well as to many top restaurants.