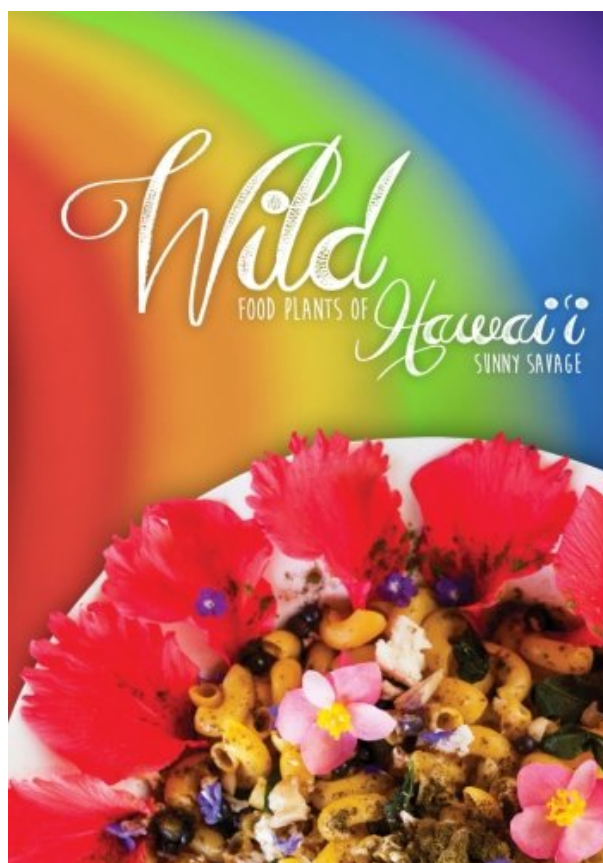
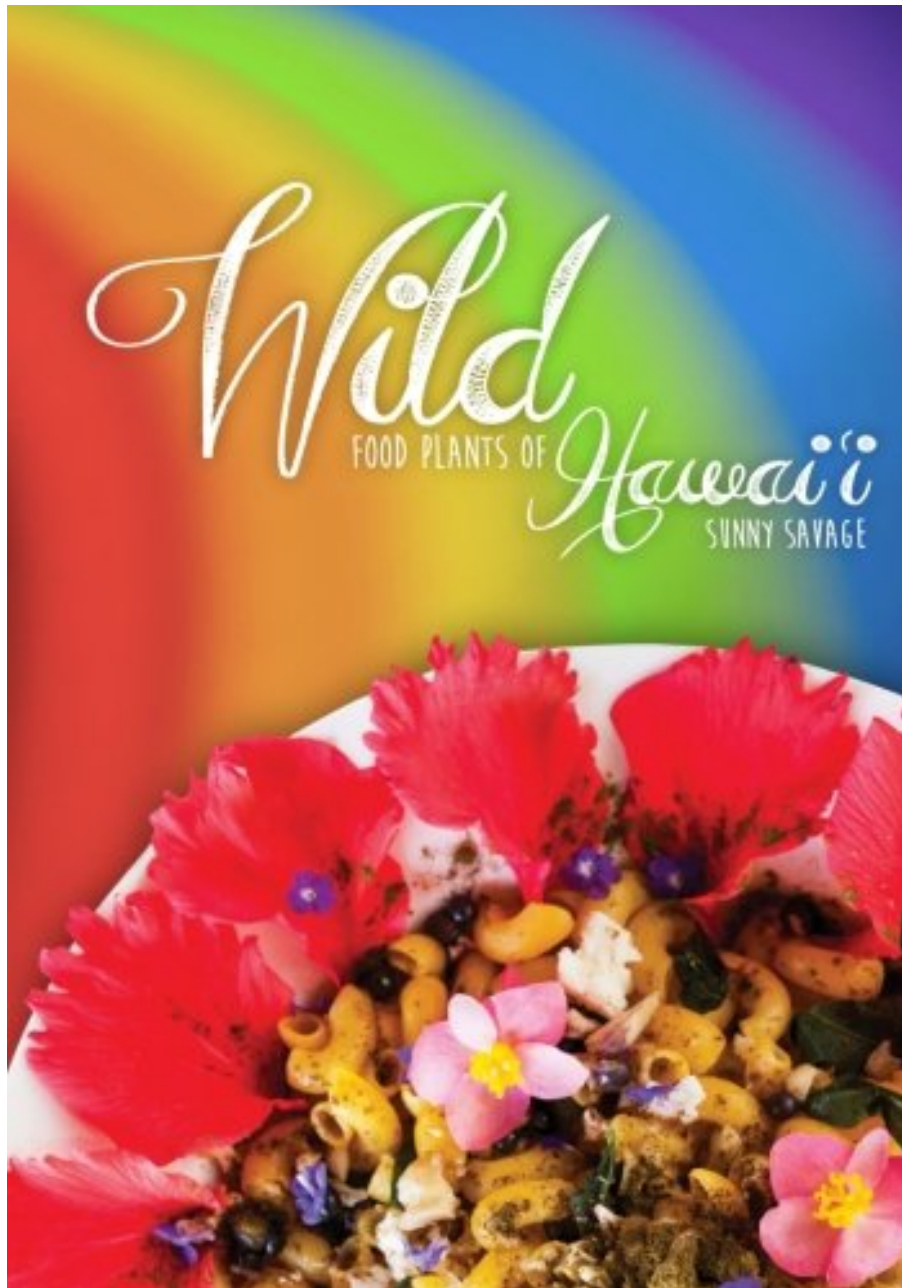


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WILD FOOD PLANTS OF HAWAII BY SUNNY SAVAGE PDF

Not since 1967, when Beachcomber's Handbook by Euell Gibbons was published, has there been a wild food book for Hawai'i. In these long anticipated pages, Sunny Savage, host of the wild food cooking show Hot on the Trail and a 2014 TedxMaui presenter, takes us on an adventure into the wilds of Hawai'i and her wild-inspired kitchen. A springboard for anyone curious about wild foods, it is brimming with inspiration that makes you want to jump into eating one wild food every day.

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- Binding: Paperback
- 164 pages

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5 of 5 people found the following review helpful.

Wild Food from Paradise

By northeast

We vacation in Hawaii and found this book to be a wonderful guide to understanding the wild foods of the region. Lovely photos of the plants and loving descriptions of their uses belays a joy and respect towards the plants and fruits.

Our goals on our vacations to tropical locales includes visiting wild areas and local markets to experience the foods of true locals, this book is a great guide to using the plants and fruits we can find in the wild and at markets to enhance our trips.

Highly recommended!

1 of 1 people found the following review helpful.

Actually Life Changing

By Renee A Riley

"Wild Food Plants of Hawaii" is a life changing book. This afternoon, for instance, I ran out and chopped some purslane from my yard to add to a frittata. This succulent plant is a "weed" that I used to try to eradicate. But after reading "Wild . . ." I've been seeking this omega-3, beta-carotene, superstar of nutrition and discovering new ways to use it.

The book is packed with information. Your next hike can have a culinary bonus. Your everyday meals can have fresh added minerals and nutrients – for free. Sunny Savage will make you see kiawe (those trees with the huge thorns) with new appreciation; the pods are delicious and, she says, "a nutritious gem." She tells how to pick the plants wisely. For kiawe, you need to avoid mold; using a UV flashlight takes care of that, she says. Instead of ignoring some of the thousands of pounds of wasted kiawe pods that drop each year in Hawaii, you can use them for kiawe flour or refreshing drinks.

Although "Wild . . ." is not recipe book, Sunny Savage has included enough recipes to inspire me to try hers – and to experiment too. You'll be having new flavors in your fresh salads, main courses, desserts – and perhaps even fermenting some sparkling drinks after you read Sunny's book.

And the photographs are spectacular! Also Sunny includes a list of helpful resources and a bibliography.

If you live in Hawaii or visit, get this book. You'll look at roadside "weeds" with new appreciation – and knowledge of how to turn them into healthy additions to your meals.

3 of 3 people found the following review helpful.

Highly Recommended

By Nancy Bouwsma

Informative for the wild food novice or seasoned Hawaiian forager, Wild Food Plants of Hawaii, with its infectious delight in the subject, gorgeous and visually enticing photos, practical advice and excellent resource links, is an invitation to walk the earth in a new way, gather nature's bounty, experiment, and get one's cooking creativity recharged.

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