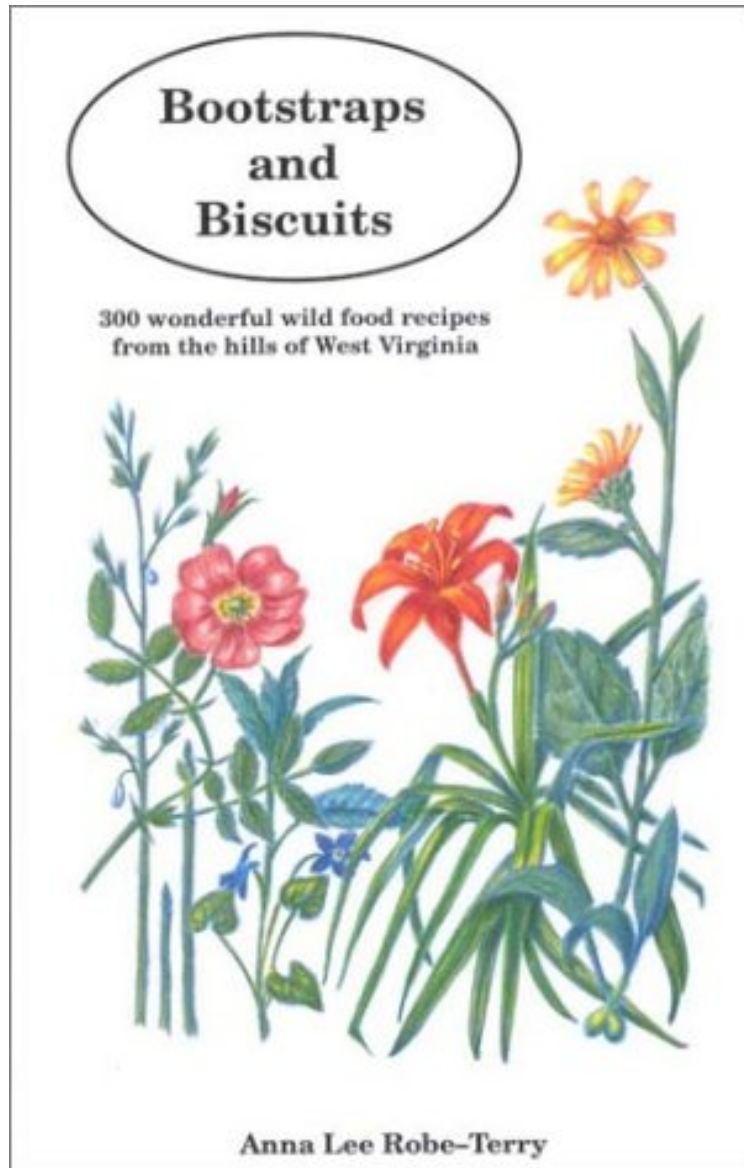


(Ebook free) Bootstraps and Biscuits: 300 Wonderful Wild Food Recipes from the Hills of West Virginia

## **Bootstraps and Biscuits: 300 Wonderful Wild Food Recipes from the Hills of West Virginia**

*Anna Lee Robe-Terry*

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**Anna Lee Robe-Terry : Bootstraps and Biscuits: 300 Wonderful Wild Food Recipes from the Hills of West Virginia** before purchasing it in order to gage whether or not it would be worth my time, and all praised Bootstraps and Biscuits: 300 Wonderful Wild Food Recipes from the Hills of West Virginia:

1 of 1 people found the following review helpful. Disaster or economic problems could mean this is pricelessBy Janet

K Hoadley Foraging for food is an overlooked bounty and many could walk through a field or wooded area and never see the possibilities around them. If you're ever stranded in rural areas, or need to stretch finances, you'll be glad to know the things in this book. There are some things that are important to note WHEN they may be eaten or HOW they should be prepared - the personal anecdotes are invaluable here! Not just edible things - there are some recipes for salves and other things too. "Weeds" and game, in the right hands, beat going hungry. Being prepared can make the difference between surviving and not. Great reference. 1 of 1 people found the following review helpful. one of my favorite recipe books By Mike Clifford great tips of wildcrafting safely and then recipes for the bounty. Wild ramps, poke, nettles, wild game, etc. Where else can you learn to make a dandelion salad, pot herbs, squirrel pot pie, sumac aid to drink and paw paw tart for desert?!?! Information our grandparents all knew and our parents forgot. If you want to survive the coming End of Days spurred by overspending and financial collapse, this book is for you. 0 of 0 people found the following review helpful. Anna Lee was the real deal By Nessmuk Anna Lee lived across the hollow from me and I considered her a friend. She taught me to dress a snapping turtle before the book came out. When she published, I wrote a review of sorts for Backwoodsman magazine. Anna Lee was the real deal. She kept goats and chickens for milk and eggs, foraged and transplanted many native plants to her gardens. She did most of her cooking and all of her baking with a wood cookstove. Her independent spirit forced her to be homesteader and she was a permaculturist before Mollison coined the term. She's gone now. This work and another "VA/ WV Shuttlesworth Search" is all that remains, but our memories.

In the hills of her family's West Virginia farm, Anna Lee Robe-Terry explores and forages for wild food stuffs, which she turns into tasty down-home cooking. *Boots and Biscuits* is a collection of her recipes, which are delicious, interesting, and easy-to-follow. With recipes ranging from the more common -- honey butter and wild strawberry shortcake -- to the more unusual -- Jerusalem artichoke salad, squirrel pot pie and dandelion wine -- this book is perfect for anyone wanting to make their cooking and eating more adventurous. And, as Terry points out, you'll probably appreciate your meal all the more if you've gotten some fresh air while gathering the ingredients.

From the Publisher Set in the hills of West Virginia on her family lands, Anna Lee Robe-Terry forages for wild foods and describes their preparation and uses. In her own colorful language, Anna Lee shares a rural family heritage in a narrative generously laced with anecdotes about life in the mountains. The result is a rich compilation of hundreds of delicious recipes, the ingredients available and free for the picking. From paw-paw pudding to mincemeat pie using wild meat, a reader will find fulfillment for the soul, palate, and pocketbook.