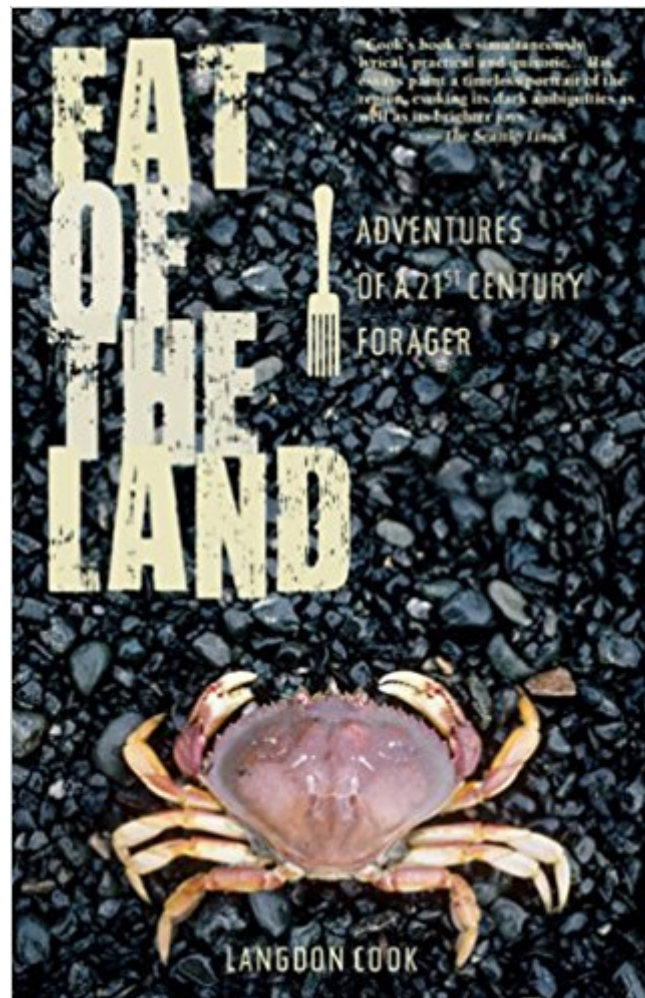




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Fat Of The Land: Adventures Of A 21st Century Forager



Synopsis

CLICK HERE to download a sample chapter and recipe from *Fat of the Land** Quirky, engaging book about the hot topic of sustainable foods* Combines adventure with locavorism* Delves into iconic Northwest staples, such as huckleberries, Dungeness crab, and morels Foraging is not just a throwback to our hunter-gatherer past; it's a way to reconnect with the landscape. And Langdon Cook is not just your typical grocery cart-toting dad. For him, gourmet delicacies abound, free for the taking if we just open our eyes. As a result, he finds himself free-diving in icy Puget Sound in hopes of spearing a snaggletooth lingcod, armed with nothing more than a "Hawaiian sling." He tempts fate by eating mushrooms that may or may not be poisonous. He strings up a fly rod to chase after sea-run trout. He even pulls on the gardening gloves to collect stinging nettles. In wry, detailed prose, he traces his journey from wrangler of pre-packaged calories to connoisseur of coveted wild edibles. Structured around the seasons of the year, each chapter focuses on a specific food type and concludes with a recipe featuring the author's hard-won bounty, a savory stop to each adventure-filled morsel.

Book Information

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Customer Reviews

“Smart, funny, and hugely knowledgeable, Langdon Cook is a walking field guide and a gifted storyteller. *Fat of the Land* is a welcome kick in the pants to get outside and start foraging for our suppers.”
—Molly Wizenberg, author of *A Homemade Life: Stories and Recipes From My Kitchen Table*
“Langdon Cook understands that the goal of hunting and foraging

is not just to eat, but to eat well. Any city-eater can grab something at a supermarket, but to feel the thrill of grappling with lingcod or plucking dubious mushrooms gives the reader maximum pleasure—and zero pain. Provided you follow Cook's recipes to satiate your whetted appetite. As a neophyte forager with a well-trained palate, Cook knows best.

—Betty Fussell, author of *My Kitchen Wars* and *Raising Steaks: The Life & Times of American Beef*

“Langdon Cook celebrates the bounty of the land and sea through the pleasure of foraging. It's an inspiration and a reminder that eating your local foods connects you to the land you live on.”

—Maria Hines, Chef/Owner, Tilth Restaurant

“In *Fat of the Land*, Lang Cook invites us to share in his enthusiastic, salubrious, wild food foraging quests. Get out of town, breathe in the fresh air, hear the quiet, exercise, feel good, connect with nature and the season—then return to the kitchen to delicious preparations of dandelion greens, squid, fiddleheads, or whatever the quarry. Lively, informative, soul-satisfying narrative.”

—Jon Rowley, Contributing Editor, *Gourmet* --This text refers to the Hardcover edition.

LANGDON COOK has worked as a professional writer and editor his entire adult life. He was a reporter with the San Francisco Bay Guardian and Berkeley Voice before moving to Seattle to earn his MFA in fiction writing at the University of Washington, where he studied with well-known authors David Shields and Laura Kalpakian. In the late-90s he turned to the nascent Web, first with Microsoft's MSN and then .com, where he was a senior book editor. In 2004 he left to live in a cabin off the grid with his wife and son. More recently he has worked as a freelance magazine writer and editor for such publications as *Conservation Magazine*. His writing has appeared in *Outside Magazine*, *Gray's Sporting Journal*, *Fly Fisherman*, *The Stranger*, and other publications. Lang received his B.A., cum laude, from Middlebury College in Vermont. He was the recipient of the Joyce Waddell Writing Award at the University of Washington, received the Margery Boyden Wilderness Writing Residency, and attended the Bread Loaf Writers' Conference on a grant. Langdon's blog, *Fat-Of-The-Land* was named Best Local Foods Blog by *Seattle Weekly* in 2009.

Langdon Cook is the best northwest food author writing, thinking and teaching about food and foraging today. This and *The Mushroom Hunters* are genuine page burners, written with passion, skill, and a true understanding of the topic at hand. Read him, and see if, as I did, you don't end up clearing out a day pack and hitting the trail.

Langdon Cook has chronicled in a few pages, items that could be essential to our diets explaining in detail how we can acquire them. With a chef's knowledge he makes them into gourmet meals. He also makes the gathering fun, and explains the history of each. It's a good read even if you don't expect to exchange hunting for shopping.

I enjoyed this book, and the ideas that it expressed of gathering a variety of your own food in a sustainable manner. This is tremendously appealing to me, and the essays were somewhat inspiring in that part. That being said, the writing was underwhelming, and the essays were very short. I couldn't get away from feeling that with a little more detail, or a little more information these essays would have been excellent. I was consistently left feeling that the essay was about 90% done, and that the author couldn't be bothered for more. I hope he was fishing. I gave three stars wishing I could have given 3.5. Thinking about it, I wish I had found it in a library and not bought it. This made it a 3 rather than a 4.

Practical like most foraging type books, but reads like a great novel. My most enjoyable book on the subject matter, hands down.

I read through this book fast (it was very entertaining and I couldn't put it down), and will re-read sections of it again as those times (spring, summer, fall, winter) return each year. Of course, I will always keep it handy for the recipes as well. While I think it is mostly applicable for those that live in the Pacific Northwest (PNW), it would be a delight to read for anyone interested in foraging, as well as an inspiration for them to find out about local foods that can be foraged.

Langdon Cook does more in *Fat of the Land* than hunt for hidden treasures--or suggest how we might do the same. He opens our eyes to a whole world that's all around us, and that many of us scarcely notice. (We're too busy checking our iPhones while swinging by the local Starbucks.) He also offers a unique perspective: one that values friendships, originality, the environment, cold beer, and the idea that living life fully means operating outside your comfort zone. I'm loving this book.

Humorous read, well worth the price

I enjoyed reading the book. The stories are entertaining while being educational, much better than a dusty tome. This book is for enjoyment, not so useful for identification. It does get you motivated to

get out the door with your field guide.

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