



The Forager Chef's Book of Flora

Recipes and Techniques for Edible Plants from
Garden, Field, and Forest

Alan Bergo

Food & Drink

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Full-Color Photographs Throughout

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“With a passion for bringing a taste of the wild to the table,
[Bergo’s] inspiration for experimentation shows in his inventive dishes.”

—TASTEMADE

From root to flower—featuring 180 recipes and over 230 of the author’s own
beautiful photographs—explore the edible plants we find all around us
with the Forager Chef Alan Bergo as he breaks new culinary ground!

Over the past fifteen years, Minnesota chef Alan Bergo has become one of America’s most exciting and resourceful culinary voices, with millions seeking his guidance through his wildly popular website and video tutorials at foragerchef.com. His inventive culinary style is defined by his encyclopedic curiosity, and his abiding, root-to-flower passion for both wild and cultivated plants.

In *The Forager Chef’s Book of Flora*, Bergo offers home cooks and chefs alike a new way of seeing and thinking about vegetables. He aims to normalize wild plants by showcasing them alongside more familiar ingredients. For example, have you ever considered how similar an immature sunflower head looks to an artichoke or a young hosta shoot to asparagus? They look alike because they belong to the same plant families. Understanding these botanical connections provide a roadmap for how they are prepared in the kitchen. Bergo also takes a holistic approach to cooking with all parts of a plant. When it comes to squash, instead of waiting for it to ripen in the fall, Bergo eagerly harvests their early shoots, flowers, and young greens, taking full advantage of all the flavorful opportunities each season brings.

Bergo has been studying the culinary properties of wild plants long before it became trendy. To him, foraging isn’t just an act, it’s a way of life. “It’s about the willingness to look beyond the status quo for exciting and unconventional ingredients,” he writes. “It’s a desire to have a more personal, meaningful, and gratifying relationship with our food.”

The Forager Chef’s Book of Flora is your guide to unlocking new flavors from the abundant landscape around you.

To request a review copy or author interview, please contact Christina Butt, senior publicist at cbutt@chelseagreen.com
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Chef Alan Bergo is one of America’s leading culinary authorities on mushroom hunting and foraging. A veteran of the restaurant industry, he spent nearly two decades as a professional chef specializing in local and wild foods at St. Paul’s fabled Heartland Restaurant, The Salt Cellar, and Lucia’s Restaurant in Minneapolis. Find out more at foragerchef.com—the web’s largest resource on wild-mushroom cookery.

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