



The Wild Wisdom of Weeds

Thirteen Essential Plants for Human Survival

Katrina Blair

Foreword by Sandor Ellix Katz

\$29.95 • Paperback

7 x 10 • 384 pages

ISBN 9781603585163

Pub Date: November 1, 2014

**For media inquiries contact
Shay Totten**

stotten@chelseagreen.com
802.295.6300 ext.125

**For author events contact
Jenna Stewart**

jstewart@chelseagreen.com
802.295.6300 ext.120



“ **A forager’s guide to ultimate food security, including 100 nutrient-dense recipes for food, medicine, and self-care** ”

The Wild Wisdom of Weeds is the first book on foraging and edible weeds to focus on thirteen plants found all over the world, each of which represents an essential food source and extensive medical pharmacy and first-aid kit.

Author Katrina Blair has spent months on end taking walkabouts in the wild, eating nothing but what she forages, and has become a wild-foods advocate, community activist, gardener, and chef, teaching and presenting internationally about foraging and the healthful lifestyle it promotes. Blair’s philosophy is sobering, realistic, and ultimately optimistic. If we can open our eyes to see the wisdom found in these weeds right under our noses, instead of trying to eradicate an “invasive,” we will achieve true food security.

The thirteen global survival plants featured in *The Wild Wisdom of Weeds* are: dandelion, mallow, purslane, plantain, thistle, amaranth, dock, mustard, grass, chickweed, clover, lambsquarter, and knotweed. These special plants help to regenerate the earth while supporting our own survival; they grow everywhere where human civilization exists, from the hottest deserts to the Arctic Circle; they are easily identifiable; they are medicinal with minimal preparation; they are ecological succession plants; and, they are commonly free and accessible to anyone living anywhere in the world.

The Wild Wisdom of Weeds is also a book about healing ourselves, both in body and in spirit, in an age when technology, commodity agriculture, and processed foods dictate the terms of our intelligence.

With more than one hundred unique recipes, Blair teaches us how to prepare these wild plants from root to seed in soups, salads, slaws, crackers, pestos, seed breads, and seed butters; cereals, green powders, sauerkrauts, smoothies, and milks; first-aid concoctions such as tinctures, teas, salves, and soothers; self-care/beauty products including shampoo, mouthwash, toothpaste (and toothbrush), face masks; and a lot more. Also included is information on juicing, growing your own “wild” microgreens, sprouting, fermenting, making wild green powders, and gleaning weeds from community parks and local lawns as a political stance against rampant pesticide use.

Whether readers are based at home or traveling, this book will empower individuals to maintain a state of optimal health with minimal cost and effort, and offers a tangible way to connect with our sense of place by incorporating wild edible and medicinal plants into our daily practices.



Katrina Blair began studying wild plants in her teens, when she camped out alone for a summer with the intention of eating primarily wild foods. After college, she founded Turtle Lake Refuge in 1998, a nonprofit organization whose mission is to celebrate the connections between personal health and wild lands. She has taught sustainable living practices through John F. Kennedy University, San Juan College in Farmington, NM, and Fort Lewis College in Durango, CO. She teaches internationally at retreats, festivals, and educational and healing events. She is also the author of a self-published cookbook, *Local Wild Life: Turtle Lake Refuge’s Recipes for Living Deep* (2009).

media.chelseagreen.com/the-wild-wisdom-of-weeds/