

## Food For Collins Gem Richard Mabey

Identifies hundreds of herbs, explains their main uses, and tells how to cultivate a herb garden

I am Meredith Gentry, P.I. and Princess Merry, heir to the throne of Fairie. Now there are those among me who whisper I am more. They fear me even as they protect me. And who can blame them? I've awakened the dazzling magic that's slumbered in them for thousands of years. But the thing is, I can't figure out why. My aunt, the Queen of Air and Darkness, is no longer distracted by her usual sadistic hobbies. Her obsession has turned unwaveringly to me. The mission to get me pregnant and beat my cousin Prince Cel to the crown is taking longer than expected. Even though I spend each night with the Queen's Ravens, my immortal guards, no child has come of our decadent pleasures. But something else is happening. My magic courses through me uncontrollably. And as I lock my half-mortal body with their full-Sidhe blooded ones, the power surges like never before. It all began with the chalice. I dreamed of it, and it appeared, cool and hard, beside me when I awoke. My guards know the ancient relic well—its disappearance ages ago stripped them of their vital powers. But it is here with us now. My touch resonates with its force, and they're consumed with it, their Sidhe essences lit up by it. But even as they cherish me for this unexpected gift, there are those who loathe me for it. Me, a mongrel, only half fey and part mortal. The Unseelie court has suffered for so long, and there are some who would not have it weakened further by an impure queen. My enemies grow in number every day. But they do not know what I am capable of. Nor, for that matter, do I. . . . In *Seduced by Moonlight*, Laurell K. Hamilton brings the dark, erotic reign of the immortal fey to a startling new depth. Full of sensuality and the consuming anticipation of latent powers unleashed, this world of gods, shapeshifters, and immortal souls is unveiled in all of its supreme magnificence and its treacherous deceptions.

Young people these days are often homebound, entertaining themselves with the Internet, television, video games, and text messages, but completely disconnected from the reality of the great outdoors. Many have never experienced simple pleasures such as telling stories around a warm campfire, camping outdoors, or whittling a stick. *Go Wild!* is the perfect book for families with children ages 10 to 14 wanting to get in touch with the natural world. The authors describe a range of wild and fun adventures for families to share. Readers learn potentially life-saving skills that give them confidence, independence, and a sense of environmental awareness. Topics include building shelter, building a fire, foraging for food, cooking outdoors, tools and weapons, bushcraft skills, water and keeping clean, and safety. From making a catapult to catching crayfish, creating fire without matches to constructing a tepee, *Go Wild!* is all about thrilling activities, amazing discoveries, and young people having the time of their lives in the great outdoors.

'He writes so engagingly that it's hard to imagine that actual foraging can be more attractive than reading his accounts of it. ...[This book] is a treasure. It is beautifully produced, designed and illustrated.' - John Carey, *The Sunday Times* Look out of your window, walk down a country path or go to the beach in Great Britain, and you are sure to see many wild species that you can take home and eat. From dandelions in spring to sloe berries in autumn, via wild garlic, samphire, chanterelles and even grasshoppers, our

countryside is full of edible delights in any season. John Wright is the country's foremost expert in foraging and brings decades of experience, including as forager at the River Cottage, to this seasonal guide. Month by month, he shows us what species can be found and where, how to identify them, and how to store, use and cook them. You'll learn the stories behind the Latin names, the best way to tap a Birch tree, and how to fry an ant, make rosehip syrup and cook a hop omelette. Fully illustrated throughout, with tips on kit, conservation advice and what to avoid, this is an indispensable guide for everyone interested in wild food, whether you want to explore the great outdoors, or are happiest foraging from your armchair.

Selected as a Book of the Year in the TLS and Spectator The final decade of the Cold War, through the eyes of a laconic and elegant observer In 1979 Richard Bassett set out on a series of adventures and encounters in central Europe which allowed him to savour the last embers of the cosmopolitan old Hapsburg lands and gave him a ringside seat at the fall of another ancien regime, that of communist rule. From Trieste to Prague and Vienna to Warsaw, fading aristocrats, charming gangsters, fractious diplomats and glamorous informants provided him with an unexpected counterpoint to the austerities of life along the Iron Curtain, first as a professional musician and then as a foreign correspondent. The book shows us familiar events and places from unusual vantage points: dilapidated mansions and boarding-houses, train carriages and cafes, where the game of espionage between east and west is often set. There are unexpected encounters with Shirley Temple, Fitzroy Maclean, Lech Walesa and the last Empress of Austria. Bassett finds himself at the funeral of King Nicola of Montenegro in Cetinje, plays bridge with the last man alive to have been decorated by the Austrian Emperor Franz-Josef and watches the KGB representative in Prague bestowing the last rites on the Soviet empire in Europe. Music and painting, architecture and landscape, food and wine, friendship and history run through the book. The author is lucky, observant and leans romantically towards the values of an older age. He brilliantly conjures the time, the people he meets, and Mitteleuropa in one of the pivotal decades of its history.

An illustrated guide to over 180 species of common culinary and medicinal herbs. Practical advice on how to grow and preserve herbs. Includes suggestions for home-made herbal products and for simple herbal remedies for everyday minor ailments.

Food For Free (Collins Gem)HarperCollins UK

The ideal portable companion, the world-renowned Collins Gem series returns with a fresh new look and updated material.

Following the best-selling *Everybody's Fool*, a new collection of short fiction that demonstrates that Richard Russo--winner of the Pulitzer Prize for *Empire Falls*--is also a master of this genre. Russo's characters in these four expansive stories bear little similarity to the blue-collar citizens we're familiar with from many of his novels. In "Horseman," a professor confronts a young plagiarist as well as her own weaknesses as the Thanksgiving holiday looms closer and closer: "And after that, who knew?" In "Intervention," a realtor facing an ominous medical prognosis finds himself in his father's shadow while he presses forward--or not. In "Voice," a semiretired academic is conned by his

increasingly estranged brother into coming along on a group tour of the Venice Biennale, fleeing a mortifying incident with a traumatized student back in Massachusetts but encountering further complications in the maze of Venice. And in "Milton and Marcus," a lapsed novelist struggles with his wife's illness and tries to rekindle his screenwriting career, only to be stymied by the pratfalls of that trade when he's called to an aging, iconic star's mountaintop retreat in Wyoming. During the early 1970s Richard Mabey explored crumbling city docks and overgrown bomb-sites, navigated inner city canals and car parks, and discovered there was scarcely a nook in our urban landscape incapable of supporting life. The Unofficial Countryside is a timely reminder of how nature flourishes against the odds, surviving in the most obscure and surprising places. First published 1973 by William Collins Sons & Co.

What does it really take to lose weight and feel great forever? Why is it that many diet and exercise regimes simply don't work? What are the secrets of the slim and fit—what's special about the way they think? What are the thoughts and actions that effortlessly propel you towards your ideal weight? How can anyone start to have a better body image immediately? And what if being trim and full of energy were simply about waking up to your own thoughts and strategies? If you want to befriend your appetite and then hone your shape with effective nutrition and exercise plans, read on. This book uses easy "keys" to unlock the way you think, change the way you eat ... and change your body and your life!

Richard Mabey is the author of numerous books on Britain's ecology, including the best-selling Flora Britannica and the Whitbread Prize-winning Gilbert White (Virginia).

Presents advice on how to improve growing soil, discussing some of the current misconceptions about soil and providing the best methods for adding enhancements that will produce nutrient-dense foods.

The establishment of Banking Union represents a major development in European economic governance and European integration history more generally. Banking Union is also significant because not all European Union (EU) member states have joined, which has increased the trend towards differentiated integration in the EU, posing a major challenge to the EU as a whole and to the opt-out countries. This book is informed by two main empirical questions. Why was Banking Union - presented by proponents as a crucial move to 'complete' Economic and Monetary Union (EMU) - proposed only in 2012, over twenty years after the adoption of the Maastricht Treaty? Why has a certain design for Banking Union been agreed and some elements of this design prioritized over others? A two-step explanation is articulated in this study. First, it explains why euro area member state governments moved to consider Banking Union by building on the concept of the 'financial trilemma', and examining the implications of the single currency for euro area member state banking systems. Second, it explains the design of Banking Union by examining the preferences of member state governments on the core components of Banking Union and developing a comparative political economy analysis focused on the configuration of

national banking systems and varying national concern for the moral hazard facing banks and sovereigns created by euro level support mechanisms.

A new edition of the only English-language guide that focuses solely on Macedonia, thoroughly updated and including coverage of new/renovated public buildings/museums in Skopje.

'I can safely say that if I hadn't picked up this book some twenty years ago I wouldn't have eaten as well, or even lived as well, as I have. It inspired me then and it inspires me now' Hugh Fearnley-Whittingstall Wild food is all around us, growing in our hedgerows and fields, along river banks and seashores, even on inhospitable moorland. In Roger Phillips and Martyn Rix's Wild Food, hundreds of these plants are clearly identified, with colour photography and a detailed description. This definitive guide also gives us fascinating information on how our ancestors would have used the plant as well as including over 100 more modern recipes for delicious food and drinks. From berries, herbs and mushrooms to wild vegetables, salad leaves, seaweed and even bark, this book will inspire you to start cooking with nature's free bounty. "Highly entertaining...Mabey gets us to look at life from the plants' point of view." —Constance Casey, New York Times The Cabaret of Plants is a masterful, globe-trotting exploration of the relationship between humans and the kingdom of plants by the renowned naturalist Richard Mabey. A rich, sweeping, and wonderfully readable work of botanical history, The Cabaret of Plants explores dozens of plant species that for millennia have challenged our imaginations, awoken our wonder, and upturned our ideas about history, science, beauty, and belief. Going back to the beginnings of human history, Mabey shows how flowers, trees, and plants have been central to human experience not just as sources of food and medicine but as objects of worship, actors in creation myths, and symbols of war and peace, life and death. Writing in a celebrated style that the Economist calls "delightful and casually learned," Mabey takes readers from the Himalayas to Madagascar to the Amazon to our own backyards. He ranges through the work of writers, artists, and scientists such as da Vinci, Keats, Darwin, and van Gogh and across nearly 40,000 years of human history: Ice Age images of plant life in ancient cave art and the earliest representations of the Garden of Eden; Newton's apple and gravity, Priestley's sprig of mint and photosynthesis, and Wordsworth's daffodils; the history of cultivated plants such as maize, ginseng, and cotton; and the ways the sturdy oak became the symbol of British nationhood and the giant sequoia came to epitomize the spirit of America. Complemented by dozens of full-color illustrations, The Cabaret of Plants is the magnum opus of a great naturalist and an extraordinary exploration of the deeply intertwined history of humans and the natural world.

This 50th-anniversary edition, with a new foreword by the distinguished historian Martin E. Marty, who regards this book as one of the most vital books of our time, as well as an introduction by the author never before included in the book, and a new preface by James Gustafson, the premier Christian ethicist who is considered Niebuhr's contemporary successor, poses the challenge of being true to Christ in a materialistic age to an entirely new generation of Christian readers.

As with the beginning of the twentieth century, when food safety standards and the therapeutic benefits of certain foods and supplements first caught the public's attention, the dawn of the twenty-first century finds a great social priority placed on the science of food safety. Ronald Schmidt and Gary Rodrick's Food Safety Handbook provides a single, comprehensive reference on all major food safety issues. This expansive volume covers current United States and international regulatory information, food safety in biotechnology, myriad food hazards, food safety surveillance, and risk prevention. Approaching food safety from retail, commercial, and institutional angles, this authoritative resource analyzes every step of the food production process, from processing and packaging to handling and distribution. The Handbook

categorizes and defines real and perceived safety issues surrounding food, providing scientifically non-biased perspectives on issues for professional and general readers. Each part is divided into chapters, which are then organized into the following structure: Introduction and Definition of Issues; Background and Historical Significance; Scientific Basis and Implications; Regulatory, Industrial, and International Implications; and Current and Future Implications. Topics covered include: Risk assessment and epidemiology Biological, chemical, and physical hazards Control systems and intervention strategies for reducing risk or preventing food hazards, such as Hazard Analysis Critical Control Point (HACCP) Diet, health, and safety issues, with emphasis on food fortification, dietary supplements, and functional foods Worldwide food safety issues, including European Union perspectives on genetic modification Food and beverage processors, manufacturers, transporters, and government regulators will find the Food Safety Handbook to be the premier reference in its field.

Facts and figures for the curious reader. Covers more than 30 fascinating "general knowledge" topics, including shapes, tides, the solar system, and the periodic table.

Back in print! Richard Scarry's classic Little Golden Book all about cars and trucks! Tweet! goes the policeman's whistle. All the trucks stop. The beloved Richard Scarry gives readers an exciting array of vehicles in this classic Little Golden Book from 1959. From police cars and school buses to fire engines and motorcycles, Richard Scarry's Cars and Trucks is the perfect first book about vehicles. Little Golden Books have been loved by children for 75 years. When they were first published in 1942, high-quality books for children hadn't been available at a price most people could afford. Little Golden Books changed that! Priced at just 25 cents and sold where people shopped every day, they caused an instant sensation and were soon purchased by the hundreds of thousands. Created by such talented writers as Margaret Wise Brown (author of Goodnight Moon) and Richard Scarry, Little Golden Books have helped millions of children develop a lifelong love of reading. Today Little Golden Books feature such beloved classics as The Poky Little Puppy and Scuffy the Tugboat, hot licenses, and new original stories—the classics of tomorrow, ready to be discovered between their sturdy cardboard covers and gold-foil spines.

The ideal companion to the hugely successful Gem Calorie Counter, this is a handy portable guide to carbohydrates in everyday foods now improved and optimised for e-readers and tablet devices, with fully searchable text and tables.

Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets.

Winner of the Pulitzer Prize "Russo writes with a warm, vibrant humanity.... A stirring mix of poignancy, drama and comedy." —The Washington Post Welcome to Empire Falls, a blue-collar town full of abandoned mills whose citizens surround themselves with the comforts and feuds provided by lifelong friends and neighbors and who find humor and hope in the most unlikely places, in this Pulitzer Prize-winning novel by Richard Russo. Miles Roby has been slinging burgers at the Empire Grill for 20 years, a job that cost him his college education and much of his self-respect. What keeps him there? It could be his bright, sensitive daughter Tick, who needs all his help surviving the local high school. Or maybe it's Janine, Miles' soon-to-be ex-wife, who's taken up with a noxiously vain health-club proprietor. Or perhaps it's the imperious Francine Whiting, who owns everything in town—and seems to believe that "everything" includes Miles himself. In Empire Falls Richard Russo delves deep into the blue-collar heart of America in a work that overflows with

hilarity, heartache, and grace.

The first ten books in the bestselling Diary of a Wimpy Kid series are now available together in a collectible boxed set. Included are Diary of a Wimpy Kid, Rodrick Rules, The Last Straw, Dog Days, The Ugly Truth, Cabin Fever, The Third Wheel, Hard Luck, The Long Haul, and Old School, all in a specially designed package.

Wild plants are not only beautiful, but they can also be an affordable and sustainable way to add flavor and nutrition to your diet. Edible Wild Plants for Beginners provides you with the essential information and guidance to begin foraging for edible wild plants and including them in your diet. Edible Wild Plants for Beginners provides profiles of common edible wild plants and includes information on dangerous look-alikes, the best time to harvest, where to find each type of wild plant, and how to cultivate your own garden. From natural remedies to delectable dishes and exotic cocktails, Edible Wild Plants for Beginners provides more than 95 ways for you to use these newfound ingredients. Edible Wild Plants for Beginners will help you explore the world of edible wild plants and teach you how to use them in your home and kitchen, with:

- More than 95 easy-to-follow edible wild plants recipes and remedies, including Amaranth Vegetable Curry, Pickled Jerusalem Artichokes, Chamomile Cookies, and a Purslane Martini
- Tips for foraging, harvesting, and cultivating edible wild plants
- Techniques for serving, preserving, and cooking with edible wild plants
- 31 edible wild plant profiles, including descriptions, distinguishing features, preparation and collection tips, and common uses
- 10 simple steps to making tinctures
- A guide to identifying edible wild plants and avoiding common poisonous plants

With Edible Wild Plants for Beginners, you'll be able to start living sustainably, saving money, and adding variety to your diet the way nature intended.

In the first of the River Cottage Handbook series, mycologist John Wright uncovers the secret habits and habitats of Britain's thriving mushrooms - and the team at River Cottage explain how to cook them to perfection. In the first of the River Cottage Handbook series, mycologist John Wright explains the ins and outs of collecting, including relevant UK laws, conservation notes, practical tips and identification techniques. He takes us through the 72 species we are most likely to come across during forays in Britain's forests and clearings: old friends the Chanterelle and Cep, as well as a whole colourful host of more unfamiliar names - edible species including the Velvet Shank, the Horn of Plenty, the Amethyst Deceiver, the Giant Puffball and the Chicken in the Woods, and poisonous types such as the Sickener, the Death Cap and the Destroying Angel. The handbook is completed by more than 30 simple and delicious mushroom recipes from the River Cottage team. With colour photographs throughout, line drawings, a user-friendly Key and an introduction by Hugh Fearnley-Whittingstall, the River Cottage Mushroom Handbook is a comprehensive and collectable guide, destined to be an indispensable household reference.

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

When the pioneering naturalist Gilbert White (1720-93) wrote *The Natural History of Selborne* (1789), he created one of the greatest and most influential natural history works of all time, his detailed observations about birds and animals providing the cornerstones of modern ecology. In this award-winning biography, Richard Mabey tells the wonderful story of the clergyman - England's first ecologist - whose inspirational naturalist's handbook has become an English classic.

Are you prepared in case disaster strikes? Are your kids? In the *Family Survival Guide*, veteran adventurers Mykel and Ruth Hawke provide the vital information you and your family need to get through almost any disaster safely. The topics covered are wide-ranging and easy-to-follow. Here, you and your family will learn: How to find, purify, and store water How to construct different types of shelter and the perfect places to build them What to pack and what not to pack in a bugout bag Essential first aid skills How to navigate your way when lost How to build a fire Basic foraging, hunting and outdoor cooking skills And so much more! Filled with expert advice and time-tested tips, *Family Survival Guide* is an essential handbook

A philosophical and narrative memoir, *Ecology and Experience* is a thoughtful, engaging recounting of author Richard J. Borden's life entwined in an overview of the intellectual and institutional history of human ecology—a story of life wrapped in a life story. Borden shows that attempts to bridge the mental and environmental arenas are uncertain, but that rigid conventions and narrow views have their dangers too. Human experience and the natural world exist on many levels and gathering from both realms gives rise to novel constellations. In a blend of themes and approaches based on a lifetime of interdisciplinary inquiry, the author wanders these intersections and invites us to exercise our capacities for ecological insight, to deepen the experience of being alive, and, most of all, to more fully enrich our lives. Contents Foreword by Darron Collins, president of the College of the Atlantic Preface Part I. Transects and Plots 1. The Arc of Life 2. Ecology 3. Experience 4. Human Ecology 5. Education Part II. Facets of Life 6. Time and Space 7. Death in Life 8. Personal Ecology 9. Context 10. Metaphor and Meaning Part III. Wider Points of View 11. Kinds of Minds 12. Insight 13. Imagination 14. Keyholes 15. Ecology and Identity 16. The Unfinished Course Part IV. Coda From the Trade Paperback edition.

Richard Mabey, one of Britain's leading nature writers, looks in *A Good Parcel of English Soil* at the relationship between city and country, and how this brings out the power of nature - part of a series of twelve books tied to the twelve lines of the London Underground, as TfL celebrates 150 years of the Tube with Penguin Richard Mabey's *A Good Parcel of English Soil*, his essay on the Metropolitan line, is one of the most compelling segments of Penguin's *Underground Lines* ... eclectic and broad-minded ... elegantly written' *Observer* 'Authors include the masterly John Lanchester, the children of Kids Company, comic John O'Farrell and social geographer Danny Dorling. Ranging from the polemical to the fantastical, the personal to the societal, they offer something for every taste. All experience the city as a cultural phenomenon and notice its nature and its people. Read individually they're delightful small reads, pulled together they offer a particular portrait of a global city' *Evening Standard* 'Exquisitely diverse' *The Times* 'Eclectic and broad-minded ... beautifully designed' Tom Cox, *Observer* 'A fascinating collection with a wide range of styles and themes. The design qualities are excellent, as you might expect from Penguin with a consistent look and feel while allowing distinctive covers for each book. This is a very pleasing set of books' *A Common Reader* blog 'The contrasts and transitions between books are as stirring as the books themselves ... A multidimensional literary jigsaw' *Londonist* 'A series of short, sharp,

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city-based vignettes - some personal, some political and some pictorial ... each inimitable author finds that our city is complicated but ultimately connected, full of wit, and just the right amount of grit' Fabric Magazine 'A collection of beautiful books' Grazia [Praise for Richard Mabey]: 'Radiant, tingle-making prose has earned Mabey literary prizes and a multitude of fans', Daily Mail 'Richard Mabey is a man for all seasons, most regions and every kind of landscape', Andrew Motion Financial Times 'Refreshing, droll, politically alert, occasionally self-mocking, he has the enviable ability both to write historical overview and also to slip into the woods like a dryad, bringing us back to the trees themselves, their colours and lights and textures', Guardian Richard Mabey has been described as 'Britain's greatest living nature writer' and is a frequent contributor to the BBC.

A fun, informative and practical introduction to safely foraging with kids, from the UK's bestselling foraging author. In today's world of increasingly sedentary lifestyles and a growing detachment from the food that we eat, it has never been more important to encourage children to put down their screens, get outside and engage with the natural world around them. Foraging with Kids is a fun, practical book for parents to work through with their children that encourages families to interact with their environment and gain knowledge and practical understanding of the natural world through exploration and play. The projects are based around 50 easy-to-identify plants that are abundant in parks, forests and hedgerows worldwide, making the challenge of discovering functional flora just as achievable to those who live in the city as in the countryside. Once they have foraged their plants, children will be amazed by the diverse practical uses that they can set them to; from making soap from conkers or setting a delicious egg-free custard with plantain, to stopping minor cuts from bleeding with hedge woundwort. Children will take great pride in seeing their gatherings forming part of the family meal and parents will be amazed at how even the most vegetable-averse child will develop an enthusiastic appetite for a meal that they have contributed to. Illustrated throughout with beautiful hand drawings and with essential information on plant facts and identification, as well as a diverse range of engaging, practical projects that the whole family will want to get involved with, this is the perfect book for anyone who wants the children under their care to get outside, connect with nature and have a lot of fun in the process.

Presents a season-by-season guide to the identification, harvest, and preparation of more than two hundred common edible plants to be found in the wild.

the new book from the author of In Bed with Jocasta and the Dag's Dictionary. Meet Richard, the original desperate husband, and his partner, the fabulous but formidable Jocasta. And say hello to their teenage offspring - the teutonic Batboy and his irrepressible younger brother. Desperate Husbands lifts the lid on so-called normal family life, and reveals its soulful, hilarious absurdity. Welcome to a world where household appliances conspire against their owners, fathers practise ballet in the hallway and dead insects spell out an SOS on the kitchen floor. By turns sweet-natured yet perverse, familiar yet wildly original, Desperate Husbands may be the funniest book you read this year. 'Desperate Husbands is desperately, wickedly funny. I devoured it in one sitting, greedily checking ahead to see that I still had pages left. Richard Glover has done the miraculous - he's made ordinary family life extraordinarily entertaining. this is a must-read for anybody who's ever had a wife or a husband or a mother or a stove or a child or a pulse. Go ahead and open a page at random - you'll laugh out loud.' - Augusten Burroughs, bestselling author of Running with Scissors

You will never be lost for words in your travels around Spain and the Spanish islands again! Your ideal travel companion will ensure that you can say what you need in Spanish with ease and confidence.

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