

## Food For Free Collins Gem Richard Mabey

"For people who want to develop their bushcraft skills and survive outdoors, this book provides information for treating injuries and illness while in the wild. It includes tips and information on how to use typical outdoorsman items in case of a medical emergency or survival situation"--

With over 700,000 copies sold, Collins Gem Calorie Counter is the UK's top-selling calorie counter. This improved edition takes in new areas: Kids' food (is your child eating a balanced diet?), Fast Food (how much do you need to burn off after that Big Mac?), and Family Favorites (will my shepherd's pie break the calorie bank?).

Can a good company become a great one and, if so, how? After a five-year research project, Collins concludes that good to great can and does happen. In this book, he uncovers the underlying variables that enable any type of organization to

90 DAYS Exercise & Diet Journal is your companion during your 90 day diet. Start the year right with this food and exercise journal. Designed to easily track both your diet and exercise efforts. This easy-to-use record the foods you eat for breakfast, lunch, dinner, and snacks. It also includes places to note calories, exercise, weight, sleep, glasses of water, and servings of fruits and veggies. Ideal for quick record keeping at home, at work, or on the go. Size: 6x9 Inches Planner, Motive and chalange yourself. Get started today with 90 Day Diet Challenge Journal!

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

Forage is a beautifully illustrated celebration of edible plants that can be found throughout the world. Anybody can enjoy the increasingly popular back-to-nature activity of foraging. In some countries these plants are now forgotten as food, but in others they are still celebrated for their value as nutritious, delicious ingredients and cooking with wild plants is increasingly being adopted by mainstream restaurants. Journeying through 50 globally populated edible plants, Forage explores the culture and history of our wild food. Stunning botanical illustrations by artist Rachel Pedder-Smith accompany each plant, alongside recipes inspired by the regions of the world

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where they are most celebrated.

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.

A fascinating introduction to the different habitats and creatures to be found along the coastline. With over 240 colour photographs, this is the ideal guide to take on seashore rambles. Divided into different coastline habitats for ease of use, Collins Gem Seashore is the ideal guide for families and children. Featured habitats include cliffs, rocky shores, sand dunes, saltmarsh, shingle and the strandline. The book includes full details of the many species to be found within each habitat. Introductions to seaweeds, worms, molluscs, arthropods, fish, birds and mammals, and many other shore-line inhabitants are presented in a clear, accessible manner. This portable, informative book is perfect for any excursion to the shore.

A colorful, authoritative pocket guide to 220 of the world's snakes Details on size, shape, habitats, and conservation ID fact file for quick and accurate identification Full-color photographs Published in collaboration with the Smithsonian Institution, America's foremost authority in history and science.

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.

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The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to

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discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. "Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people." Perhaps, but who can afford to ignore these findings?

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).

Are you and your family self-reliant? Will you be able to provide for them and keep them safe? The best way to prepare for the future is not through fancy tools and gadgets—it's experience and knowledge that will best equip you to handle the unexpected. Everyone begins somewhere, especially with disaster preparedness. In *52 Prepper's Projects*, you'll find a project for every week of the year, designed to start you off with the foundations of disaster preparedness and taking you through a variety of projects that will increase your knowledge in self-reliance and help you acquire the actual know-how to prepare for anything. Self-reliance isn't about building a bunker and waiting for the end of the world. It's about understanding the necessities in life and gaining the knowledge and skill sets that will make you better prepared for whatever life throws your way. *52 Prepper's Projects* is the ultimate instructional guide to preparedness, and a must-have book for those with their eye on the future.

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What effect are you having on the environment? If you buy Kenyan green beans what is the CO2 cost? What about your journey to work, your fridge or your clothes? The Gem Carbon Counter is your portable instant green reckoner.

NATIONAL BESTSELLER TV star Misha Collins and his wife, journalist and historian Vicki Collins, show families how to be mealtime adventurers so that kids might have a lifelong relationship with real food Chicken nuggets. Hot dogs. Macaroni and cheese. These are just some of the greatest hits we offer kids at mealtime. Misha and Vicki Collins totally get it. When their son West was a toddler, he began refusing anything that wasn't bland and beige. At first, they succumbed, anything to end the mealtime battles. But with sinking hearts they realized fruit snacks and buttered noodles weren't just void of nutrition, they were setting him up for a lifetime with a limited palate and a reliance on convenience foods. So, as a family, they decided to lean into what they love best—adventure—and invited their kids to be playful and exploratory in the kitchen. Now, in *The Adventurous Eaters Club*, Misha and Vicki share how they created a home where mealtime doesn't involve coercion or trickery, and where salad, veggies, fresh soups, and fruit are the main course. Combining personal anecdotes and practical tips with over 100 creative, delicious, whimsical recipes little hands can help prepare *The Adventurous Eaters Club* offers readers all the support, encouragement, and practical advice they need to make lifelong adventurous eaters out of their kids.

An essential little ebook – perfect for the pocket or art bag – covering all practical aspects of sketching and drawing. Sketching is a skill that every artist needs to master and this handy book shows you how in a very clear and simple way.

You will never be lost for words in your travels around Spain and the Spanish islands again!

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Your ideal travel companion will ensure that you can say what you need in Spanish with ease and confidence.

Have you thought about how you would deal with surviving on nothing but the plants you could forage? Do you wonder how you would manage if you were lost and had to set up an improvised camp? Can you tie knots or make basic weather forecasts? All the above and more are covered in this survival guide

How should you prepare for floods? What's the best way to react during an earthquake? How should you signal for help, and what do you need in your supplies? This book gives you practical tips and advice to keep you prepared as far as possible to help protect yourself and your loved ones in the face of any eventuality.

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.

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

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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.

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. Based on experimental archaeology at the author's world-famous research settlement in Cornwall, this book describes the ingredients of prehistoric cooking and the methods of food preparation.

The Wild Life is John Lewis-Stempel's account of twelve months eating only food shot, caught or foraged from the fields, hedges, and brooks of his forty-acre farm. Nothing from a shop and nothing raised from agriculture. Could it even be done? We witness the season-by-season drama as the author survives on Nature's larder, trains Edith, a



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reluctant gundog, and conjures new recipes. And, above all, we see him get closer to Nature. Because, after all, you're never closer to Nature than when you're trying to kill it or pick it. Lyrical, observant and mordantly funny, *The Wild Life* is an extraordinary celebration of our natural heritage, and a testament to the importance of getting back to one's roots - spiritually and practically.

A speedy, discreet way to stay informed about the content of your meals and snacks, wherever you are! Count on it! Contains more than 8,000 entries. Provides calorie counts for most foods and beverages, as well as protein, carbs, fiber, sodium, fats, and other essentials. Includes menu items from popular restaurants, too! Tables are fully visible at most font sizes-no need to squint. Column headings in nutritional information charts signify as follows: SS= Serving Size, C= Calories, TF= Total Fat (g), SF= Saturated Fat (g), S= Sodium (mg), CB= Carbohydrates (g), F= Fiber (g), P= Protein (g).

With over 700,000 copies sold, *Collins Gem Calorie Counter* is the UK's top-selling calorie counter. Perfect for those following the Fast Diet (5:2 Diet), Dukan Diet, Atkins Diet or other weight-loss diets. This improved edition takes in new areas: Kids' food, Fast Food and Family Favourites.

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

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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.

There's food growing everywhere! You'll be amazed by how many of the plants you see each day are actually nutritious edibles. Ideal for first-time foragers, this book features 70 edible

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weeds, flowers, mushrooms, and ornamental plants typically found in urban and suburban neighborhoods. Full-color photographs make identification easy, while tips on common plant locations, pesticides, pollution, and dangerous flora make foraging as safe and simple as stepping into your own backyard.

Food For Free (Collins Gem)HarperCollins UK

"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.

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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.

**FOOD & DRINK / COOKERY.** Ray Mears has travelled the world discovering how native people manage to live on just what nature provides. It always frustrated him not knowing how our own ancestors fed themselves. We know they were hunter-gatherers, but what did they eat day to day? How did they find their calories throughout the year? What were their staple foods? Where did they get their vitamins? How did they ensure their bodies received enough variety? In this book he travels back ten thousand years to a time before farming to learn how our ancestors found, prepared and cooked their food. This extraordinary journey reveals many new possibilities many of the same food sources are still there for us if only we know where to look. Through his knowledge of the countryside and the research conducted specially for this book with archaeo-botanist Gordon Hillman, we learn many new, useful and often surprising things about the amazingly rich natural larder that still surrounds us.

'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,

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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.

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.

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