



daily GOOD

Not only are we 'cut off' from a knowledge of wild foods, but at a more fundamental level from a first-hand knowledge of what food is, and how it gets to us. --Richard Mabey

Eating the Wild

"In recent decades, and especially since the Covid-19 pandemic, there has been a growing interest in foraging and cooking with food gathered from the countryside around us. In this article, Charlotte Maberly talks to the distinguished Scottish food writer Fi Martynoga about the benefits of eating wild food, and also looks at the history of the movement and its wider implications in terms of health, food justice and food insecurity. An important aspect of the contemporary movement is its potential to reconnect us with the natural world and change our relationship with it."

Be The Change:

For more inspiration check out, "A Delicious Revolution," by Alice Waters.