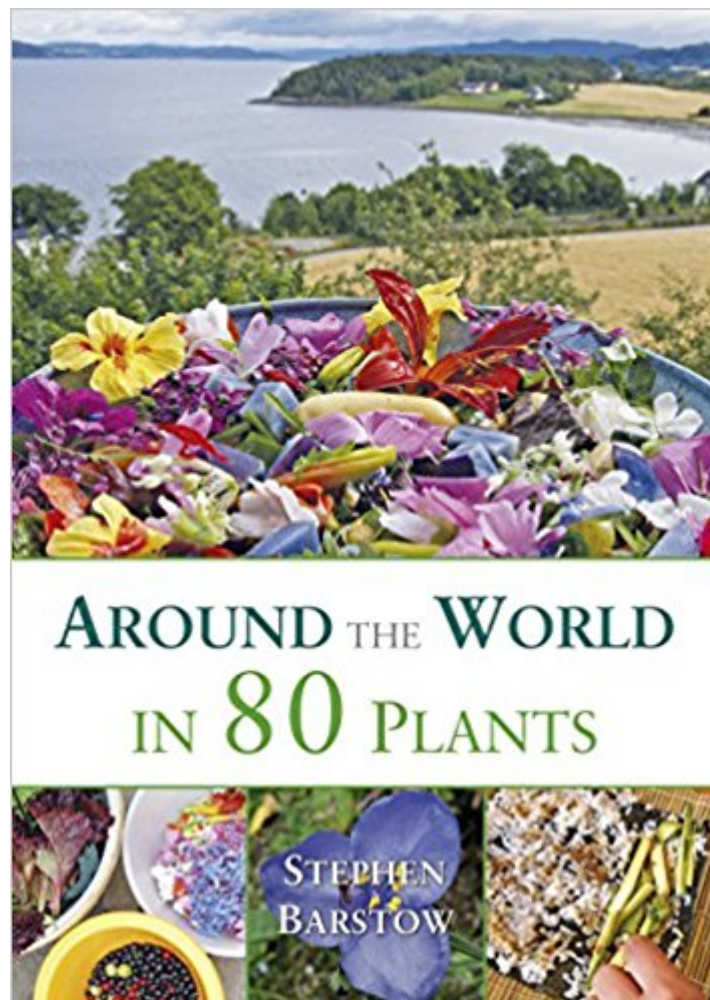




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# Around The World In 80 Plants: An Edible Perennial Vegetable Adventure For Temperate Climates



## Synopsis

This book takes us on an original and inspiring adventure around the temperate world, introducing us to the author's top eighty perennial leafy-green vegetables. We are taken underground gardening in Tokyo, beach gardening in the UK, and traditional roof gardening in the Norwegian mountains. . . . There are stories of the wild foraging traditions of indigenous people in all continents: from the Sámi people of northern Norway to the Maori of New Zealand, the rich food traditions of the Mediterranean peoples, the high-altitude food plants of the Sherpas in the Himalayas, wild mountain vegetables in Japan and Korea, and the wild aquatic plant that sustained Native American tribes with myriad foodstuffs and other products. *Around the World in 80 Plants* will be of interest to both traditional vegetable and ornamental gardeners, as well as anyone interested in permaculture, forest gardening, foraging, slow food, gourmet cooking, and ethnobotany. A thorough description is given of each vegetable, its traditions, stories, cultivation, where to source seed and plants, and how to propagate it. Sprinkled with recipes inspired by local traditional gastronomy, this is a fascinating book, an entertaining adventure, and a real milestone in climate-friendly vegetable growing from a pioneering expert on the subject.

## Book Information

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## Customer Reviews

Stephen Barstow presents fascinating and useful information about his top 80 perennial leafy vegetables including lots of historical references, his and other recipe ideas, along with photos and more. Many of these are easily grown and can be ornamental as well as great edibles. This will be a

really useful book helping extend the range of food plants for gardeners. Martin Crawford, director of the Agroforestry Research Trust, author and agroforestry expert

Stephen Barstow has devoted thirty years to trialing perennial vegetables from around the world. It is unlikely that anyone anywhere has tried as many different species of edible plants â “ just witness his salad comprising 538 varieties in 2003 â “ earning him the title of â ^Extreme Salad Manâ ™! Stephenâ ™s garden in Norway has over 2,000 edible plants, and each has an ethnobotanical story to tell.

If you are interested in edible plants, self sufficiency, permaculture or just plain gardening- then this is a great book. Was a bit surprised when I was looking in my garden and found several of the plants described in the book. An eye opener. I will start looking for other potential edible plants to have in my garden.If I have (a very slight) criticism then I would have liked a bit more about how to grow the various plants.I understand that Stephen Barstow will come to Iceland this year - and I hope I will be able to go to his lecture. If it is as good as the book - it will for sure be very interesting.Decided to add to my comment - yesterday (7th of September) went to Stephen Barstow's lecture - it was great - just wish it would have been longer - and yes it was very interesting!If you want to know something different about edible plants - then this is the book for you.

I first heard of Stephen from his Permaculture magazine articles on Hablitzia and Hosta. Finding out that Stephan grows 1000's of edible plants on his roughly 1/4 acre lot, I was surprised that he could possibly limit his book to only his favorite 80...he once made a salad with 537 plant varieties....I just didn't think he had it in him to discuss only 80. Well, he did not disappoint! By my count he discusses about 440 edible species (thank you Stephan!!!) as well as many varieties within the species. He also covers these plants histories, uses, methods of preparation (including recipes), and gives wonderful information on what conditions the plants prefer to grow under.This book contains a wealth of Stephan's personal observations as well as catalogs excellent information from his research and trials over the last 3 decades. If you're looking for a book to diversify the production of leafy greens coming from a beautiful, perennial, edible landscape than this is absolutely the one to get. I now have a list of 50 new plants to add to my gardens and I'm enjoying eating many of varieties I already have due to Stephan's preparation/use advice. Thank you so much Stephen!!!

What a gorgeous looking book. The pictures are stunningly beautiful. There is so much knowledge in the book, that even though I live in a different climate from the author's, my garden is in a temperate climate zone in Oregon (near the Portland area) and I can implement many of the plants and flowers in my yard. The author has done a fabulous job in sharing the knowledge he has gathered throughout his lifetime. A wonderful read. I highly recommend this book to anyone who loves nature.

I was fortunate enough to attend a lecture by Stephen Barstow at the Botanical Gardens in Oslo, Norway. Luckily for me he lectured in english and I fell in love with the interesting subject of eatables .... aka ornamental edibles. *Around the World in 80 Plants* is a very interesting book, well made, well edited and includes lovely pictures. Don't expect a huge section for each part of the world, he mainly touches on different locations and focuses a lot on Scandinavia, which makes sense. If you're interesting in edible plants at all this is definitely a book to have in your collection.

This is the most useful book about perennial edibles that I have read, and I've read them all. The familiar plants and a lot of less familiar choices are here, with clear and practical information about their uses and seasonal changes. Many will be difficult to find, but worth the hunt. Everyone interested in permaculture and perennial vegetables needs this book.

Stephen's enthusiasm for perennial vegetables from around the world (love that its organized by region) is contagious. This book will give you ethnobotanical accounts, but most importantly, experiential knowledge of preparation and cultivation. It is the joy of first-hand interaction with these edibles, which are often little-known outside of their regions, that makes this book a gem. No doubt after reading it that many of these species will end up in your top 80 perennial vegetables.

I learned a lot from this book. Some of the plants in my garden I aquired because I learned about them here. It is a pleasant read and a great source for information. The perennial vegetable trend is still in its infancy. Knowledge and experience in the area is slowly building up, so every book that comes out is important. This book makes a lot of valuable information available for those of us who are enthusiasts or just want to add some elements of it to our own gardening.

This beautiful book reads like a love letter of dedication to a lifelong passion for plants. Between the lovely photography, the lengthy acknowledgements, the history.... this is an amazing book for true

plant geeks, traders, seed savers, and a lasting tribute to friendship.

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