

# ADVANCE INFORMATION



**Title:** Seaweed Foraging in Cornwall and the Isles of Scilly

**ISBN:** 9780906720974

**Category:** Food/Nature/Cornwall

**Size:** 150 mm x 153 mm, landscape

**Extent:** 104 pages

**Illustrations:** 92 colour photographs

**Format:** paperback

**RRP:** £6.95

**Publication:** 16 June 2016

*Explore Cornwall with pocket cornwall  
... they're great little books!*

Following the success of her book *Wild Food Foraging in Cornwall and the Isles of Scilly*, Rachel Lambert here introduces us to the fascinating topic of edible seaweeds. This book focuses on sixteen, both known and less familiar varieties, and all found around the coasts of Cornwall and the Isles of Scilly. It is both a detailed guide to their identification and nutritional qualities, and an inspirational recipe book, offering 32 step-by-step recipes, and over 90 photographs.

## **The author**

With a background in environmental education and community nutrition, **Rachel Lambert** learnt about foraging in Europe and Asia. She has been teaching wild food and seaweed foraging in Cornwall and the Isles of Scilly since 2007. Seaweeds have always been a particular interest, and she has taken part in seaweed surveys across the region. She runs Wild Food Foraging, and her courses are highly regarded. Find out more on her website: [www.wildwalks-southwest.co.uk](http://www.wildwalks-southwest.co.uk).