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Stephen Barstow

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AROUND THE WORLD IN 80 PLANTS



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Stephen Barstow : Around The World in 80 Plants: An Edible Perennial Vegetable Adventure for Temperate Climates before purchasing it in order to gage whether or not it would be worth my time, and all praised Around The World in 80 Plants: An Edible Perennial Vegetable Adventure for Temperate Climates:

6 of 6 people found the following review helpful. permaculture or just plain gardening- then this is a great book. Was a bit surprised when I was ...By bjorn haukssonIf 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. 4 of 4 people found the following review helpful. I was surprised that he could possibly limit his book to only his favorite 80. By Greg 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!!! 3 of 3 people found the following review helpful. Stunningly beautiful By Patricia Visser 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.

This book takes us on an original and inspiring adventure around the temperate world, introducing us to the authors 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 Smi 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.

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 About the Author 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 just witness his salad comprising 538 varieties in 2003 earning him the title of Extreme Salad Man! Stephens garden in Norway has over 2,000 edible plants, and each has an ethnobotanical story to tell.