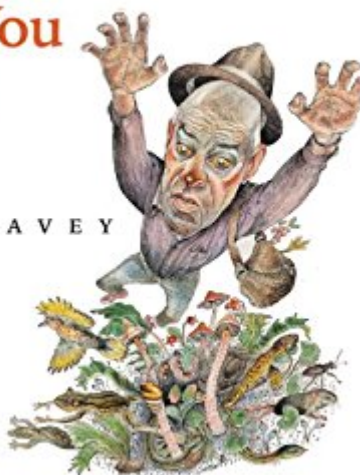


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# It's Only Slow Food Until You Try To Eat It: Misadventures Of A Suburban Hunter-Gatherer

It's Only Slow Food  
Until You  
Try to  
Eat It

BILL HEAVEY



## Synopsis

A longtime contributor to *Field and Stream*, Bill Heavey knew more than a little about hunting and fishing when he embarked on an ambitious project a few years ago to see how far he could get eating wild. But Heavey knew next to nothing about gardening or foraging, and he lives in northern Virginia, close to Washington, D.C. The rural wilds, this was not. Is it any surprise that his tasty triumphs were equaled by his hilarious misadventures? With just the right dose of self-deprecation, Heavey tells the story of his quest, beginning locally and moving out from there. He digs up the ground behind his house and plants an elaborate garden only to be driven to squirrel murder (and a cover-up). He experiences abundance mania in the perch run on the Potomac, and again when he spots perfect wild mushrooms in Arlington National Cemetery. He forages for wild watercress, berries, and pawpaws within the beltway, and hunts crayfish in Louisiana and caribou on the Alaskan tundra. With teachers that include Paula, a grizzled local so popular among DC fishers that she's been called the Pablo Escobar of herring; Hue, a Bronze Star ex-military survival instructor and foraging expert; Michelle, a single mother unself-consciously devoted to eating local, and Jody, a weathered Cajun fisherman, Bill learns how to catch and cook frogs, prepare cattail pancakes, make salads out of garden weeds and bake a pie with foraged wild cherries. To the delight of his readers and to his young daughter's despair, Heavey also suffers serious blood loss, humiliation, and meals that are best described as edible. Entertaining and informative, this is Bill Heavey at his best...and worst.

## Book Information

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## Customer Reviews

I love this guy and I love this book! It will change your life...because you will develop such a severe case of post-Heavey that nothing else will satisfy anymore, leaving you scratching through looking for more Heavey, and eventually angry at the man for only putting out two books! Fortunately he finally discovered the world of Twitter, and once you read this book you will no doubt give him a follow. You might as well just do it now: @bill\_heavey. I love to hunt and fish, and I have always loved Heavey's column in Field & Stream- sometimes the only part of the magazine I read- in which he has taught the average American man how, when it comes to the great outdoors, enthusiasm trumps talent. This book will teach you a little about enthusiasm. Generally speaking, I like to be alone in the woods as much as possible and I certainly don't like people enough to care about anything they have to say or offer in a book. Heavey changed my mind. I will probably re-read this in my tree stand this fall (hopefully eating a baggy of pawpaws and smoked herring).

I purchased this book at the same time I purchased Inferno by Dan Brown. After reading a couple chapters of both, I put down Inferno and stuck to Mr. Heavey's book. I found it very entertaining, educational, and a delightful read with endearing use of self-deprecation and personal and family anecdotes. I laughed out loud plenty of times, shed a couple tears of joy in the personal moments shared, and now find myself eagerly waiting for the sequel, to not only further my hunting and gathering skills, but to delight in Mr. Heavey's escapades and to hopefully also read that his personal life continues along the very nice path it has taken. Highly recommend,

I am a big fan of Bill Heavey and his F&S column. Bill, isn't it time for another book?

I read Bill Heavey's stories in Field & Stream magazine every month. I own his first book which was hilarious and I really enjoyed this book. Bill has a unique way of describing hunting, fishing, and gathering situations unlike anyone else. Rather than simply telling hunting or fishing stories, describing the technical aspects of outdoor sports, or telling stories of trophies caught or harvested, he surrounds himself with unusual characters and brings out the fun and everyday nuances of the outdoors. If he writes another book I will definitely buy it as well.

Husband loves this series. Book was like new

I didn't expect it to be about food. I only saw the first half of the title. He explores ideas of sustainable food sources from an outdoorsman's perspective. It was educational and amusing in the

Heavey way, but I was hoping for more adventure/hunting stories. Either way I like it, and it gave me more reason to like eating sardines. You'll understand when you read it. Thanks Bill.

Bill Heavey's first book, "If You Didn't Bring Jerky, What Did I Just Eat?" is a MUCH better read for the outdoorsman. This book is a weak sequel with a stronger emphasis on "gathering" rather than hunting and fishing. If you liked his first book and gave it an "A", you'll probably give this book a "C" - or 3 stars.

I have always liked to read Heavey, one of my favorites

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