



# Wild Flavors: One Chef's Transformative Year Cooking from Eva's Farm

*Didi Emmons*

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## **Wild Flavors: One Chef's Transformative Year Cooking from Eva's Farm** Didi Emmons

The minute Didi Emmons, a chef from Boston, met Eva Sommaripa—a near legendary farmer whose 200-plus uncommon herbs, greens, and edible “weeds” grace the menus of many famous restaurants in the Northeast—something amazing happened. Not only did Eva’s Garden become Didi’s refuge and herb-infused Shangri-La, the two women also forged a lasting friendship that has blossomed and endured over time.

*Wild Flavors* follows a year at Eva’s Garden through the seasons. It showcases Emmons’s creative talents, featuring herbs (African basil, calaminth, lovage) and wild foods (autumn olives, wild roses, Japanese knotweed). The author provides growing or foraging information for each of the forty-six uncommon garden plants profiled, as well as details on prepping, storing, preserving, and health benefits. The wide-ranging recipes reflect the shifting seasonal harvest and are easy to follow, but best of all, Emmons shows us how these herbs, greens, and wild foods improve and transform the flavors in our food.

Emmons also shares some of the valuable lessons she has learned from Eva about maintaining a healthy, satisfying lifestyle, putting the emphasis on community, thrift, conservation, and other time-honored virtues. *Wild Flavors* is a cookbook that celebrates the interconnectedness and beauty of nature, farms, animals, and ourselves.

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