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Nota di contenuto	1. Introduction -- 2. What Is Wild Food Plant -- 3. Estonia in the Context of Wild Food Plants -- 4. The Sources and Methods Used in the Book -- 5. Use of Wild Food Plants -- 6. Sources That Influenced the Use of Wild Food Plants in Estonia -- 7. Recent Changes in Use of and Perceptions on Wild Food Plants in Saaremaa -- 8. Conclusions and Future Perspectives.
Sommario/riassunto	This book is a systematized overview of wild edible plants eaten in the territory of present Estonia, with a focus on the systematic changes within the field. Starting in the end of 18th century, when the first data was published, the text is an extended version and compilation of articles on the subject published by Drs. Kalle and Sõukand and includes unpublished fieldwork results. This work covers changes and tendencies not covered previously due to the limits of article length. Included in this data is a general overview table containing all used plant taxa, parts used and purposes of use. More details on specific food-uses are provided in separate chapters analysing dynamics of changes of the importance of wild plants within the specific food category.

