

Northeast Medicinal Plants Identify Harvest And Use 111 Wild Herbs For Health And Wellness

The Wild Wisdom of Weeds Ancestral Plants Healing Magic The Boreal Herbal A Field Guide to Edible Wild Plants of Eastern and Central North America The Wild Medicine Solution Edible Wild Plants Medicinal Plants of Texas Mushrooms of the Northeastern United States and Eastern Canada Wígara Northeast Medicinal Plants The Forager's Harvest Alchemy of Herbs The Gift of Healing Herbs The Skillful Forager Aromatic and Medicinal Plants Identifying & Harvesting Edible and Medicinal Plants Midwest Medicinal Plants Northwest Foraging Medicinal Plants of North America Mountain States Medicinal Plants Edible and Medicinal Plants of the West Southeast Medicinal Plants A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America Conserving medicinal species : securing a healthy future Medicinal Wild Plants of the Prairie Medicinal Plants of the Southern Appalachians Pacific Northwest Medicinal Plants Northeast Medicinal Plants Field Guide to Medicinal Wild Plants Pacific Northwest Foraging Northeast Foraging Foraging and Feasting Southwest Foraging Foraging New England Edible and Medicinal Plants of the Great Lakes Region Herbarium Wild Edibles Foraging New York Newcomb's Wildflower Guide

The Wild Wisdom of Weeds

This exquisitely detailed full-color field guide, by biologist and herbal and medical plant expert Jim Meuninck, provides identification, practical information, and skills for the location of and use of medicinal plants. The pages of this book re-connect us to our roots and the knowledge that medicinal plants and wild plant foods provide the chemicals every body needs to obtain optimum health and prevent disease. Meuninck moves the user from simple and familiar plants toward less common plants more difficult to identify. Each of the 122 plants has a color photograph, plant description, and location. Identification of plants are grouped from common to rare in the environment and where they are found: prairies, woodlands, mountains, deserts, and wetlands. Relevant facts about each plant such as toxicity, historical uses, modern uses, as well as wildlife/veterinary uses are also listed. Additional information included in this extraordinary field guide: explanations of how each plant affects the human body; cultural and ethnic uses of medicinal herbs and cooking spices; others creatures who consume the plants; a list of most recommended garden herbs; web site resources, and much more. The Author's Notes provide personal experiences and novel skills honed from over forty years of experience. They include: gardening tips, recipes, formulations, humor, successful experiences, and more. There is no field guide as all-encompassing and detailed as this one, yet it's portable and easy to understand.

Ancestral Plants

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health □ Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them □ Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures □ Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern

medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development.

Healing Magic

The Skillful Forager is the ultimate forager's guide to working with any wild plant in the field, kitchen, or pantry. From harvesting skills that will allow you to gather from the same plant again and again to highlighting how to get the most out of each and every type of wild edible, trusted expert Leda Meredith explores the most effective ways to harvest, preserve, and prepare all of your foraged foods. Featuring detailed identification information for over forty wild edibles commonly found across North America, the plant profiles in this book focus on sustainable harvesting techniques that can be applied to hundreds of other plants. This indispensable reference also provides simple recipes that can help you make the most of your harvest each season.

The Boreal Herbal

First-ever revision of a classic guidebook. Information on each plant's characteristics, distribution, and medicinal qualities as well as updated taxonomy and 15 new species. How to identify and use wild plants for medicinal purposes.

A Field Guide to Edible Wild Plants of Eastern and Central North America

"Doug Deur invites us to discover the taste and history of the Northwest." "Spencer B. Beebe, author of Cache and founder of Ecotrust The Pacific Northwest offers a veritable feast for foragers, and with Douglas Deur as your trusted guide you will learn how to safely find and

identify an abundance of delicious wild plants. The plant profiles in *Pacific Northwest Foraging* include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Oregon, Washington, and Alaska.

The Wild Medicine Solution

Kindscher documents the medicinal use of 203 native prairie plants by the Plains Indians. He also adds information on recent pharmacological findings to further illuminate the medicinal nature of these plants. He uses Indian, common, and scientific names and describes Anglo folk uses, medicinal uses, scientific research, and cultivation.

Edible Wild Plants

“An incredibly thorough guide for identifying, harvesting, and utilizing medicinal plants.” —Dr. Deborah Frances RN, ND Naturopathic physician, herbalist, author, and lecturer In *Pacific Northwest Medicinal Plants*, Scott Kloos is your trusted guide to finding, identifying, harvesting, and using 120 of the region’s most powerful wild plants. You’ll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Oregon, Washington, Alaska, and northern California.

Medicinal Plants of Texas

In *Northeast Medicinal Plants*, herbalist Liz Neves is the reader's trusted guide to finding, identifying, harvesting, and using 111 of the region’s most powerful wild plants. Readers will learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

Mushrooms of the Northeastern United States and Eastern Canada

Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places shows readers how to find and prepare more than five hundred different plants for nutrition and better health. It includes information on common plants such as mullein (a tea made from the leaves and flowers suppresses a cough), stinging nettle (steam the leaves and you have a tasty dish rich in iron), cattail (cooked stalks taste

similar to corn and are rich in protein), and wild apricots (an infusion made with the leaves is good for stomach aches and digestive disorders). More than 260 detailed line drawings help readers identify a wide range of plants -- many of which are suited for cooking by following the more than thirty recipes included in this book. There are literally hundreds of plants readily available underfoot waiting to be harvested and used either as food or as a potential therapeutic. This book is both a field guide to nature's bounty and a source of intriguing information about the plants that surround us.

Iwígara

This book covers interesting research topics and the use of natural resources for medical treatments in some severe diseases. The most important message is to have native foods which contain high amount of active compounds that can be used as a medicinal plant. Most pharmaceutical drugs were discovered from plants, and still ongoing research will have to predict such new active compounds as anti-diseases. I do believe this book will add significant knowledge to medical societies as well as can be used for postgraduate students.

Northeast Medicinal Plants

Wildcraft your way to wellness! In *Northeast Medicinal Plants*, Liz Neves is your trusted guide to finding, identifying, harvesting, and using 111 of the region's most powerful wild plants. You'll learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont.

The Forager's Harvest

An illustrated handbook describes the most common edible plants, their range, uses as food, and suggested methods of cooking.

Alchemy of Herbs

The Boreal Herbal: Wild Food and Medicine Plants of the North is an indispensable guide to identifying and using northern plants for food and medicine. Whether you're hiking in remote areas or gardening in your backyard, this easy-to-use handbook will help you recognize and use fifty-five common wild plants that have extraordinary healing properties. With the *Boreal Herbal*, you will learn how to soothe pain with willow, staunch bleeding with yarrow, treat a urinary-tract infection with bearberry, and create a delicate and uplifting skin cream from sweetgrass. There are also dozens of healthy and delicious recipes, including Wild-Weed Spanakopita, Dandelion Wine, and Cranberry-Mint Muffins.*

Profiles of dozens of herbs, berries, and trees found in the northern boreal forest, including information on their habitat, harvest times, medicinal applications, as well as food uses, cosmetic uses, and spiritual uses.* Full-colour photographs and botanical illustrations of each plant profiled in the book for easy identification* Instructions on how to gather and preserve wild plants* More than 200 recipes: teas, tinctures, powders, flower essences, topical treatments, beverages, jams and jellies, baked goods, soups, entrées, and much more* Safety tips for harvesting and using edible and medicinal wild plants, including information on calculating dosage and plant-specific cautions* A resource section for people interested in starting up a non-timber forest-products business* Botanical and medicinal glossaries, and index, and handy reference charts

The Gift of Healing Herbs

Rather than cover hundreds of plants in abbreviated accounts like the typical field guide, the author has chosen a smaller selection of species to discuss in exhaustive detail, including only those plants he has eaten fifty times or more. This book contains as many as ten high-quality color photographs of each plant. These have been selected to facilitate identification and depict the plant parts at exactly the stage of growth in which they should be harvested. The accompanying text is accurate and thorough, giving readers of any experience level the confidence to harvest wild plants for food. Botanically, the text is accurate, yet it remains accessible to the layperson by using technical terms only when necessary. This book has many unique features that will appeal to naturalists, hikers, campers, survivalists, homesteaders, gardeners, chefs, Native Americans, and whole food enthusiasts. It contains a calendar of harvest times for wild produce, a step-by-step protocol for positive identification, an illustrated glossary tailored to the needs of foragers, a recommended reading list, plus special sections on conservation, safety, nutrition, harvest techniques, preparation methods, and storage. While this is not a regional guide, it will prove most useful to readers in the eastern US and Canada, the Rocky Mountains, and the Pacific Northwest.

The Skillful Forager

A must-have for mushroom hunters in the northeast The Northeast is one of the best places to find mushrooms; they are both abundant and spectacularly diverse. Mushrooms of the Northeastern United States and Eastern Canada is a compact, beautifully illustrated guide packed with descriptions and photographs of more than 500 of the region's most conspicuous, distinctive, and ecologically important mushrooms. Covers Connecticut, Delaware, Illinois, Indiana, Maine, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont, Wisconsin, and the Canadian provinces of New Brunswick, Newfoundland, Ontario, and most of Quebec More than 550 superb color photographs Helpful keys for identification Clear, color-coded layout An essential reference for mushroom enthusiasts, hikers, and naturalists

Aromatic and Medicinal Plants

Edible and Medicinal Plants of the West is a full-colour photographic guide to the identification, edibility, and medicinal uses of over 250 plant species, growing from Alaska to southern California, east across the Rocky Mountains and the Northern Plains to the Great Lakes. Herbalist and naturalist Gregory Tilford provides a thorough introduction to the world of herbal medicine for everyone interested in plants, personal well-being, and a healthy environment.

Identifying & Harvesting Edible and Medicinal Plants

“No one has advanced wild foraging in the desert Southwest as much as John Slattery.” —Gary Paul Nabahn, director of the Center for Regional Food Studies, University of Arizona The Southwest offers a veritable feast for foragers, and with John Slattery as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Southwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Arizona, New Mexico, Texas, Oklahoma, southern Utah, and southern Nevada.

Midwest Medicinal Plants

Did you know there’s a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that’s as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you’ll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature’s pharmacy to feed, heal, and nurture your whole family!

Northwest Foraging

"This practical guide to plant foraging provides readers with the tools to safely identify, harvest, and prepare wild edible plants and enjoy the health and economic benefits of eating wild"--

Medicinal Plants of North America

Foraging & Feasting: A Field Guide and Wild Food Cookbook celebrates and reclaims the lost art of turning locally gathered wild plants into nutritious, delicious meals – a traditional foodway long practiced by our ancestors but neglected in modern times. The book's beautiful, instructive botanical illustrations and enlightening recipes offer an adventurous and satisfying way to eat locally and seasonally. Readers will be able to identify, harvest, prepare, eat, and savor the wild bounty all around them. We share this project with you out of our long commitment to connecting with nature through food and art. The effort weaves together Dina's 30 years of passionate investigations into wild-plant identification, foraging, and cooking with Wendy's deft artistic skills honed over 15 years as a botanical illustrator. The result is an abundance of recipes and illustrations that explore creative ways to bring wild edibles into our lives. Part One of Foraging & Feasting serves as a visual guide, tracking 50 plants through their growing cycle. The images illustrate the culinary uses of wild plants at various seasons. Part Two contains easy-to-use references including Plant Chart Centerfolds and Seasonal Flow Charts. Part Three brings you into the kitchen; here you'll find more than 100 master recipes and countless variations formulated to help you easily turn wild plants into delectable salads, soups, beverages, meat dishes, desserts, and a host of other culinary delights. These recipes are not limited to wild ingredients; they can be used with cultivated ingredients as well, purchased or homegrown. Many of the recipes can be made to accommodate various dietary restrictions: gluten-free, casein-free, dairy-free, grain-free, and sugar-free. Among those who will find the book valuable are the health-conscious members of the Weston A Price Foundation, ever in search of nutrient-dense, traditional whole foods. Slow Food enthusiasts will appreciate how focusing on ancient, seasonal, and unusual edibles.

Mountain States Medicinal Plants

Tap into Thousands of Years of Plant Knowledge The belief that all life-forms are interconnected and share the same breath—known in the Rarámuri tribe as iwígara—has resulted in a treasury of knowledge about the natural world, passed down for millennia by native cultures. Ethnobotanist Enrique Salmón builds on this concept of connection and highlights 80 plants revered by North America's indigenous peoples. Salmón teaches us the ways plants are used as food and medicine, the details of their identification and harvest, their important health benefits, plus their role in traditional stories and myths. Discover in these pages how the timeless wisdom of iwígara can enhance your own kinship with the natural world.

Edible and Medicinal Plants of the West

From beach peas to serviceberries, hen of the woods to Indian cucumber, ostrich ferns to sea rocket, this guide uncovers the edible wild foods and healthful herbs of New York. Helpfully organized by environmental zone, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

Southeast Medicinal Plants

A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America

“An invaluable guide for the feast in the East.” —Hank Shaw, author of the James Beard Award-winning website Hunter Angler Gardener Cook
The Northeast offers a veritable feast for foragers, and with Leda Meredith as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Northeast Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Delaware, and Rhode Island.

Conserving medicinal species : securing a healthy future

In Southeast Medicinal Plants, herbalist Corey Pine Shane is the reader's trusted guide to finding, identifying, harvesting, and using 106 of the region's most powerful wild plants. Readers will learn how to safely and ethically forage, and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in West Virginia, Virginia, Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Arkansas and Louisiana. .

Medicinal Wild Plants of the Prairie

Medicinal Plants of the Southern Appalachians

This concise guide to medicinal plants of the Southern Appalachians includes botanical descriptions of 45 native plants, their historical and current uses in herbal practice, detailed, easy-to-follow medicine making instructions and unique recipes for syrups, liniments, digestive bitters and more. The book invites the reader to explore native plants in their wild habitats and offers step-by-step ethical harvesting guidelines while emphasizing conservation issues. The author is a well-respected medical herbalist and teacher who lives in the mountains of north Georgia. Praise for Medicinal Plants of the Southern Appalachians. "This is one volume that I want to own as we enter the post-corporate age: a priceless guide to Southern plant alchemy. This practical yet enchanting botanical brings an ancient art to modernity. These pages are as rich as the cove forests they honor. Even to peruse Howell's manual is healing, and exhilarating, not only because of the book's

inherent beauty, but because it contains vital knowledge all of us will need as fossil fuels dwindle and we return to the local. One day this book may save your life." Janisse Ray, author of *Ecology of a Cracker Childhood*, *Wild Card Quilt* and *Pinhook: Finding Wholeness in a Fragmented Land* "An elegant introduction presented in a clear-as-a-bell style that educates as well as entertains." Peter Loewer, author of *The Wild Gardener* and *Jefferson's Garden* "There are many comprehensive volumes about medicinal plants in other regions of North America but none for the botanically rich southeast. Now, a widely experienced and knowledgeable herbalist has written a thorough guide to the virtues of Yellow Root, Rabbit Tobacco, Dogwood Bark, Sweet Fern and other better known herbs of the region. From Howell's book, readers can learn to use local plants safely and consciously to improve the health of their families or patients." David Winston, RH (AHG), Dean, Herbal Therapeutics School of Herbal Medicine "An excellent, much needed resource on Southeastern herbs. Well thought out and easy to follow." Tim Blakely, co-author of *The Bootstrap Guide to Medicinal Herbs in the Garden, Field and Marketplace* "I often remind veterinarians that the foundation of botanical medicine lies in the experience of learning all aspects of medicinal plants thoroughly. This book guides the reader out of the classroom and into the fields and forest where plants become, to the student, more tangible sources of healing. Recommended for any practitioner who wants to deepen their understanding of our native apothecary." Susan Wynn, DVM, RH (AHG), Executive Director, Veterinary Botanical Medical Assoc.

Pacific Northwest Medicinal Plants

□A practical guide to using medicinal herbs as well as a powerful reminder of our reciprocal relationship with the natural world.□ □Rosalee de la Forêt, author of *Alchemy of Herbs In Mountain States Medicinal Plants*, Briana Wiles is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Idaho, Montana, Wyoming, Utah, Colorado, eastern Oregon, eastern Washington, and northern Nevada.

Northeast Medicinal Plants

A Treasury Like No Other Since the 1500s, scientists have documented the plants and fungi that grew around them, organizing the specimens into collections. Known as herbaria, these archives helped give rise to botany as its own scientific endeavor. Herbarium is a fascinating enquiry into this unique field of plant biology, exploring how herbaria emerged and have changed over time, who promoted and contributed to them, and why they remain such an important source of data for their new role: understanding how the world's flora is changing. Barbara Thiers, director of the William and Lynda Steere Herbarium at the New York Botanical Garden, also explains how recent innovations that allow us to see things at both the molecular level and on a global scale can be applied to herbaria specimens, helping us address some of the most critical problems facing the world today. At its heart, Herbarium is a compelling reminder of one of humanity's

better impulses: to save things—not just for ourselves, but for generations to come.

Field Guide to Medicinal Wild Plants

From beach peas to serviceberries, hen of the woods to Indian cucumber, ostrich ferns to sea rocket, Foraging New England guides the reader to the edible wild foods and healthful herbs of the Northeast. Helpfully organized by environmental zone, the book is an authoritative guide for nature lovers, outdoorsmen, and gastronomes.

Pacific Northwest Foraging

—This comprehensive, accessible, full-color guide includes plant profiles, step-by-step instructions for essential herbal remedies and seasonal foraging tips. —Natural Awakenings Chicago In Midwest Medicinal Plants, Lisa Rose is your trusted guide to finding, identifying, harvesting, and using 120 of the region's most powerful wild plants. You'll learn how to safely and ethically forage and how to use wild plants in herbal medicines including teas, tinctures, and salves. Plant profiles include clear, color photographs, identification tips, medicinal uses and herbal preparations, and harvesting suggestions. Lists of what to forage for each season makes the guide useful year-round. Thorough, comprehensive, and safe, this is a must-have for foragers, naturalists, and herbalists in Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Ohio, and Wisconsin.

Northeast Foraging

Foraging and Feasting

[CLICK HERE](#) to download the section on foraging for field mustard with four sample recipes from Northwest Foraging * Suitable for novice foragers and seasoned botanists alike * More than 65 of the most common edible plants in the Pacific Northwest are thoroughly described *Poisonous plants commonly encountered are also included Originally published in 1974, Northwest Foraging quickly became a wild food classic. Now fully updated and expanded by the original author, this elegant new edition is sure to become a modern staple in backpacks, kitchens, and personal libraries. A noted wild edibles authority, Doug Benoiel provides more than 65 thorough descriptions of the most common edible plants of the Pacific Northwest region, from asparagus to watercress, junberries to cattails, and many, many more! He also includes a description of which poisonous "look-alike" plants to avoid -- a must-read for the foraging novice. Features include detailed illustrations of each plant, an illustrated guide to general plant identification principles, seasonality charts for prime harvesting, a selection of simple foraging recipes, and a glossary of botanical terms. Beginning with his botany studies at the University of Washington, Doug Benoiel has been dedicated to native plants. He has owned a landscaping, design, and nursery business, and done his extensive work with the

National Outdoor Leadership School (NOLS). Doug lives on Lopez Island, Washington.

Southwest Foraging

A guide to plants found in the Great Lakes region covers such topics as preparation techniques, medical uses, edible qualities, chemical breakdown, poisonous aspects, and commercial value.

Foraging New England

A reference to the medicinal plants and herbs of Eastern and Central North American includes specific remedies for asthma, headaches, colds, stomachaches, depression, and many other common ailments.

Edible and Medicinal Plants of the Great Lakes Region

The Wild Wisdom of Weeds is the only book on foraging and edible weeds to focus on the thirteen weeds found all over the world, each of which represents a complete food source and extensive medical pharmacy and first-aid kit. More than just a field guide to wild edibles, it is a global plan for human survival. When Katrina Blair was eleven she had a life-changing experience where wild plants spoke to her, beckoning her to become a champion of their cause. Since then she has spent months on end taking walkabouts in the wild, eating nothing but what she forages, and has become a wild-foods advocate, community activist, gardener, and chef, teaching and presenting internationally about foraging and the healthful lifestyle it promotes. Katrina Blair's philosophy in The Wild Wisdom of Weeds is sobering, realistic, and ultimately optimistic. If we can open our eyes to see the wisdom found in these weeds right under our noses, instead of trying to eradicate an "invasive," we will achieve true food security. The Wild Wisdom of Weeds is about healing ourselves both in body and in spirit, in an age where technology, commodity agriculture, and processed foods dictate the terms of our intelligence. But if we can become familiar with these thirteen edible survival weeds found all over the world, we will never go hungry, and we will become closer to our own wild human instincts—all the while enjoying the freshest, wildest, and most nutritious food there is. For free! The thirteen plants found growing in every region across the world are: dandelion, mallow, purslane, plantain, thistle, amaranth, dock, mustard, grass, chickweed, clover, lambsquarter, and knotweed. These special plants contribute to the regeneration of the earth while supporting the survival of our human species; they grow everywhere where human civilization exists, from the hottest deserts to the Arctic Circle, following the path of human disturbance. Indeed, the more humans disturb the earth and put our food supply at risk, the more these thirteen plants proliferate. It's a survival plan for the ages. Including over one hundred unique recipes, Katrina Blair's book teaches us how to prepare these wild plants from root to seed in soups, salads, slaws, crackers, pestos, seed breads, and seed butters; cereals, green powders, sauerkrauts, smoothies, and milks; first-aid concoctions such as tinctures, teas, salves, and soothers; self-care/beauty products including shampoo, mouthwash, toothpaste (and brush), face masks; and a lot more. Whether readers are based at home or traveling, this book aims to empower individuals to maintain a state of optimal health with

minimal cost and effort.

Herbarium

Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, *The Gift of Healing Herbs* by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, *The Gift of Healing Herbs* explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

Wild Edibles

Presents a season-by-season guide to the identification, harvest, and preparation of more than two hundred common edible plants to be found in the wild.

Foraging New York

The first medicinal plant guide for Texas! An introductory *Materia Medica* for Herbs, Herb Gardening, Wild Foraging, and Seasonal Information for Native, Weedy, and otherwise Useful Plants of Texas and the Deep South Vol 1

Newcomb's Wildflower Guide

Line drawings face each description of the plant's basic structural features in this guide for the amateur wildflower sleuth

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