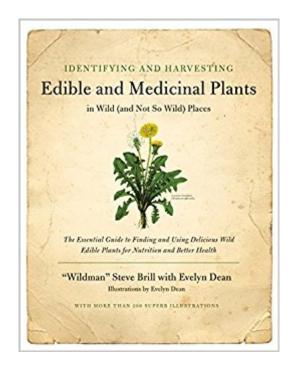


The book was found

Identifying And Harvesting Edible And Medicinal Plants In Wild (and Not So Wild) Places





Synopsis

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 Â common plants such Â 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.

Customer Reviews

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. Å Å It includes information on Å Å common plants such Å Å 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 disgestive 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.

Naturalist-Author "Wildman" Steve Brill has been leading public foraging tours in parks throughout the greater New York area since 1982. He works with schools, day camps, environmental organizations, museums, parks departments, nature centers, scouts, garden clubs, and educational farms, from March to December. His Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not-So-Wild) Places (HarperCollins Publishers, 1994) is considered a classic on the subject. His innovative

Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging) wild edible plants, foraging for beginners, foraging wild edible plants free,) Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants Nature's Garden: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started Edible wild fruits and nuts of Canada (Edible wild plants of Canada) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Natural Medicinal Plants: Use 12 of the Proven Medicinal Herbal Plants for Healing, Skin and Beauty Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) Edible Garden Weeds of Canada (Canada's Edible Wild Plants) Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State Edible Wild Plants: Wild Foods From Dirt To Plate (The Wild Food Adventure Series, Book 1) Rainwater Harvesting for Drylands and Beyond (Vol. 2): Water-Harvesting Earthworks The Encyclopedia of Medicinal Plants: A Practical Reference Guide to over 550 Key Herbs and Their Medicinal Uses Edible and Medicinal Plants of the Rockies Doomsday Prepper's List - Edible and Medicinal Plants Edible Wild Plants: 25 Plants You Can Find In The Forest: Identify, Harvest & Prepare Foraging New York: Finding, Identifying, and Preparing Edible Wild Foods (Foraging Series)

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