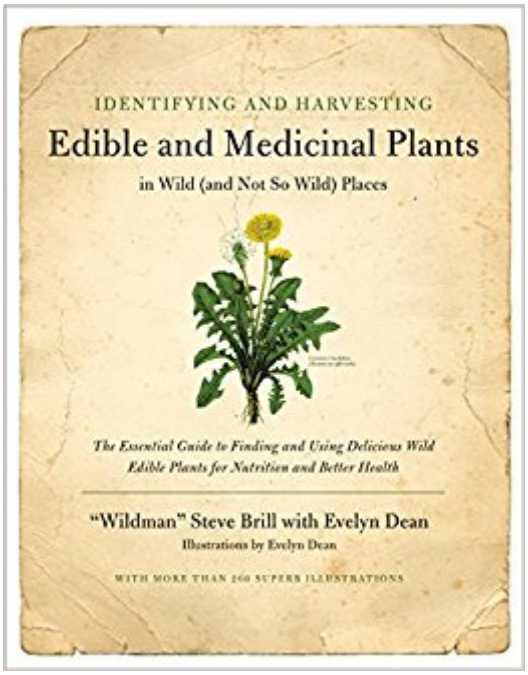
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Identifying And Harvesting Edible And Medicinal Plants In Wild (and Not So Wild) Places



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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.Ã Â It includes information onÃ Â common plants suchÃ 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

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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

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