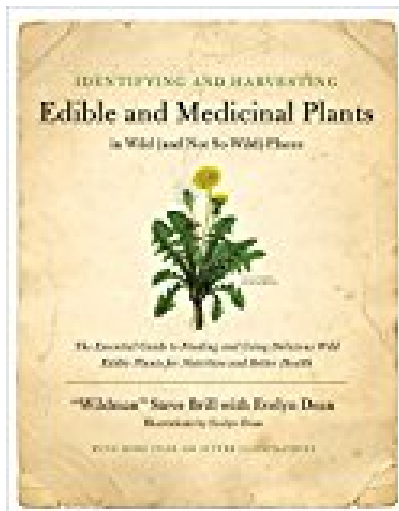


Identifying and Harvesting Edible and Medicinal Plants in Wild and Not So Wild Places



BOOK DETAILS

- Author : Steve Brill
- Pages : 336 Pages
- Publisher : William Morrow

Paperbacks

- Language : English
- ISBN : 0688114253



BOOK 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, including such common plants 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.

IDENTIFYING AND HARVESTING EDIBLE AND MEDICINAL PLANTS IN WILD AND NOT SO WILD PLACES - Are you looking for Ebook Identifying And Harvesting Edible And Medicinal Plants In Wild And Not So Wild Places? You will be glad to know that right now Identifying And Harvesting Edible And Medicinal Plants In Wild And Not So Wild Places is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Identifying And Harvesting Edible And Medicinal Plants In Wild And Not So Wild Places may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Identifying And Harvesting Edible And Medicinal Plants In Wild And Not So Wild Places and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Identifying And Harvesting Edible And Medicinal Plants In Wild And Not So Wild Places. To get started finding Identifying And Harvesting Edible And Medicinal Plants In Wild And Not So Wild Places, you are right to find our website which has a comprehensive collection of manuals listed.