

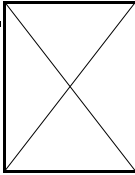
MEDICINAL, HERBAL, EDIBLE PLANTS & MUSHROOMS

Medicinal & Herbal Plants

WILD MEDICINAL PLANTS

Anny Schneider. A full-color guide to using some 80 wild medicinal plants found in N.A.. Includes descriptions and photos of each plant species, plus details on where to find and how to use them. Matches a variety of illnesses with the plants that treat them, discusses how they work, as well as how and what parts of the plants should be gathered. 6-1/2 x 8, 304p, 275 color photos, 2002.

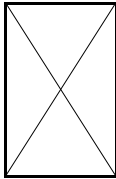
W9877 paperbackUS \$29.95 CAN \$44.95



TOM BROWN'S FIELD GUIDE TO WILD EDIBLE AND MEDICINAL PLANTS

Tom Brown Jr.. A wide-ranging, informative book reveals fascinating ways to utilize the uncommon benefits of common trees, shrubs, flowers, and other plants. Explains: how to use every part of the plant: where & when to harvest them, and; how to prepare them (i.e. food dishes, soups, teas, etc.). An essential guide to nature's greatest gifts. 6 x 9, 242p, 12 b&w illustrations, 1985.

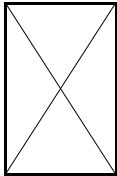
T0634 paperbackUS \$14.00 CAN \$20.00



HERBAL REMEDIES FROM THE WILD: Finding and Using Medicinal Herbs (2nd ed.)

Corinne Martin. A handbook detailing how to identify, gather, and prepare 50+ wild herbs, common to North America, for medicinal use. A line drawing of each herb aids in i.d. and the description provides the recommended dosage for specific ailments (including cautions about conditions that preclude use). Includes instructions for making teas, tinctures, salves, and syrups. A revised, redesigned *Earthmagic* that sold nearly 10,000 copies. 6 x 9, 228p, 52 illustrations, 2000.

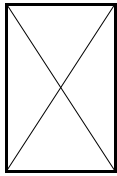
H4858 paperbackUS \$15.00 CAN \$20.99



FIELD GUIDE TO MEDICINAL WILD PLANTS

Bradford Angier. The key to a heritage of wild medicines. From amaranth to yucca, complete information for identifying over 100 native plants and their traditional medicinal uses. Vivid color. 5-1/2 x 8-1/4, 320p, color illustrations, 1978.

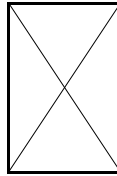
F0764 paperbackUS \$19.95 CAN \$27.95



MEDICINAL PLANTS AND THEIR HISTORY

Edith Grey Wheelwright. Details how various civilizations have used and misused plant remedies. Contains a wealth of history, myth, and scientific information. "Here is a fascinating story of how plants have played a fundamental role in the history of the healing arts"- California Garden. Originally published as *The Physick Garden* (1935). 5-3/8 x 8-1/2, 288p, 8 b&w photos + illustrations, 1935, 1974.

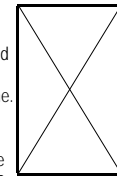
M1038 paperbackUS \$9.95 CAN \$15.95



THE NATURAL HISTORY OF MEDICINAL PLANTS

Judith Sumner, frwrd. by Mark Plotkin. Wild and cultivated plants have provided humans with cures for 1000's of years, from aspirin to quinine. Writing for the lay reader, Sumner surveys the history of the use of plants in medicine, the range of chemicals produced by plants, and the prospects for future discoveries. 6 x 9, 252p, 30 color photos, 43 b&w illustrations, 2000.

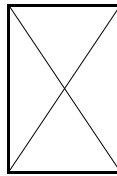
N4830 hardcoverUS \$24.95 CAN \$34.95



ABORIGINAL PLANT USE IN CANADA'S NORTHWEST BOREAL FOREST

Robert J. Marles. Describes traditional Aboriginal uses of 200+ plants from the boreal forest region of Manitoba, Saskatchewan, & Alberta. Compiled from fieldwork across 29 communities & from 100+ elders. Entries & accompanying photos are arranged by plant family, including information on physical descriptions, habitat, uses for food, technology, medicine, and potential economic use. 6 x 9, 256p, 200 color illustrations, 1999.

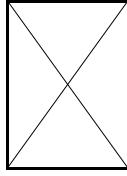
A7385 paperbackUS \$22.95 CAN \$25.95



NATIVE AMERICAN ETHNOBOTANY

Daniel Moerman. An extraordinary compilation of the plants used by North American native peoples for medicine, food, fiber, dye, and a host of other uses. As an anthropologist, Moerman devoted 25 years to the task of gathering the accumulated ethnobotanical knowledge on 4,000+ plants. Over 44,000 uses for these plants by various tribes are documented here. 8-1/2 x 11, 927p, 1998. **OVERSIZE**.

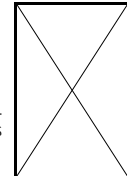
N4539 hardcoverUS \$79.95 CAN \$109.95



FOREST PHARMACY: Medicinal Plants in American Forests

Steven Foster (FHS Issues Series). The forest was America's first pharmacy and has long played a role in medicine. Today, it remains America's most important source for new drugs. This book identifies trees, shrubs & herbaceous plants, their uses (as listed in the U.S. Pharmacopoeia), and medicinal properties. 6 x 9, 58p, 17 color photos, 1995.

F0518 paperbackUS \$7.95 CAN \$11.95



A MODERN HERBAL (2 volume set)

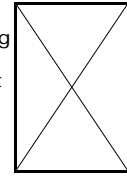
Margaret Grieve. The fullest compilation of herbal material. Gigantic alphabetical encyclopedia, from aconite to zedoary. Covers 800+ species of herbs, grasses, mushrooms, shrubs & trees. Includes botanical info, cultivation tips, medical properties, derivative substances, folklore, economic uses, and more. Indispensable to the serious reader. 6 x 9, 888p, 161 illustrations, 1931, reprint 1971. **OVERSIZE**.

M7987 paperback (2 vol.)US \$25.95 CAN \$38.95

FORAGING NEW ENGLAND: Finding, Identifying, and Preparing Edible Wild Foods and Medicinal Plants from Maine to Connecticut

Tom Seymour. A reference guide to the edible wild foods and healthful herbs of the NE. Detailed descriptions of edible plants and animals, as well as tips on finding, preparing, and using foraged foods. Organized by environmental zone (i.e. woodlands, seashores, streamsides, swamps & bogs, etc.). 6 x 9, 208p, 87 color photos, 2002.

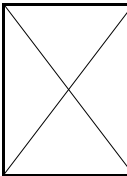
F9545 paperbackUS \$16.95 CAN \$25.95



IDENTIFYING AND HARVESTING EDIBLE AND MEDICINAL PLANTS

Steve Brill. Shows how to find and prepare over 500 different plants for nutrition and better health, including such common plants as mullein, stinging nettle, cattail, and wild apricots. Detailed line drawings help readers identify a wide range of plants - many of which are suited for cooking by following the more than 30 recipes included. A field guide to nature's bounty and a source of intriguing information about the plants that surround us. 8-1/2 x 11, 336p, 260+ b&w illustrations, 1994.

I4253 paperbackUS \$21.95 CAN \$32.95



Wild Edible Plants

THE ILLUSTRATED GUIDE TO EDIBLE WILD PLANTS

Department of the Army. Describes the physical characteristics, habitat and distribution, and edible parts of wild plants. Separate sections on edible plants and poisonous plants. Color photos aid in identification. Serves as a survival guide & a reference for anyone interested in the outdoors, botany, or in unusual sources of nutrition. 6 x 9, 112p, color photos, b&w illustrations, 2003.

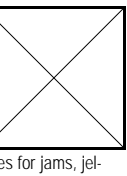
I6614 paperbackUS \$14.95 CAN \$24.95



EDIBLE WILD FRUITS AND NUTS OF CANADA

Nancy Turner, Adam Szczawinski. Covers over 35 species. Each section contains: a botanical description; notes on habitat and distribution; a drawing or color photo; folklore, and; notes on its historical, medicinal, or cosmetic uses. Includes a selection of recipes for jams, jellies, beverages, wines, desserts, snacks, and more. 7-3/4 x 8-1/4, 212p, color photos, line drawings, 1988.

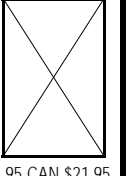
E751X paperbackUS \$10.50 CAN \$12.95



FEASTING FREE ON WILD EDIBLES

Bradford Angier. Offers expert, practical advice on making the most of a free food source. A guide to North American edible plants explains where to find them, when and how to prepare them. Detailed drawings and descriptions allow for accurate identification. Over 500 recipes, ranging from common to exotic dishes. 5-1/2 x 8-1/4, 288p, 100 line drawings, 2002.

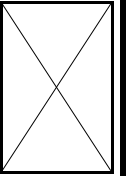
F7548 paperbackUS \$14.95 CAN \$21.95



EDIBLE WILD PLANTS: A North American Field Guide

Thomas Elias, Peter Dykeman. A season-by-season guide to identifying, harvesting, and preparing 200+ healthful plants from the wild. Covers every major region in the U.S. and Canada. Easy-to-read handbook has it all - habitat, appearance, preparation, taste, cooking instructions, and more! 5-3/8 x 8-1/4, 286p, 500+ color photos, 1990.

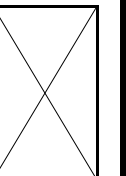
E4885 paperbackUS \$17.95 CAN \$25.95



EDIBLE WILD PLANTS OF EASTERN NORTH AMERICA

Merritt Fernald, Alfred Kinsey. Authoritative, fact-filled guide offers a detailed enumeration of 1000 species of edible plants and ferns. Arranged according to uses, like purees and soups, cereals, salads, nibbles & relishes, condiments & seasonings. Helpful data on poisonous plants, mushrooms, seaweeds, lichens, etc.. Indispensable for any lover of wild foods. 5-3/8 x 8-1/2, 480p, 129 figures, 25 plates, 1996.

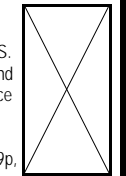
E1049 paperbackUS \$14.95 CAN \$21.95



EDIBLE WILD PLANTS AND HERBS: A Pocket Guide

Alan Cvancara. Identify and use 50 common plants and herbs found widely throughout the U.S. and Canada. Plants are organized by season and by habitat. Discover how to use them as a source of soap, needle & thread, how rose petals work like bandages, and more. Includes nutritional details and common poisonous plants. 4 x 8, 109p, b&w photos, 2001.

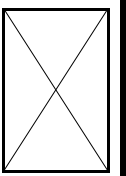
E8272 paperbackUS \$10.95 CAN \$17.95



FIELD GUIDE TO EDIBLE WILD PLANTS

Bradford Angier. Truly the finest guide available. 100+ color illustrations make identification simple and certain. Includes where to find plants and easy recipes for enjoying the fruits of your foraging. Over 200,000 copies sold. 5-1/2 x 8-1/4, 256p, color illustrations, 1974.

F0187 paperbackUS \$16.95 CAN \$25.95



BASIC ESSENTIALS: EDIBLE WILD PLANTS AND USEFUL HERBS (2nd ed.)

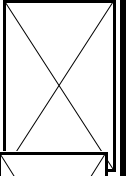
Jim Meuninck. Discover how to identify & gather 100+ of the most nutritious wild plants & useful herbs in the contiguous U.S.. Groups plants according to where you may find them. Includes cooking tips & recipes, plus common pharmaceutical uses. 5-1/2 x 8-1/2, 80p, color photos, 1999.

BE4799 paperbackUS \$7.95 CAN \$12.95

EDIBLE AND USEFUL WILD PLANTS OF THE U.S. & CANADA

Charles Saunders. An authentic and botanically accurate picture of the most common of wild edible plants. Interesting anecdotes, savory recipes and fascinating historical accounts. 5-3/4 x 8, 275p, 20 photos, 74 illustrations, 1974.

E3103 paperbackUS \$12.95 CAN \$19.95



EDIBLE AND MEDICINAL PLANTS OF THE WEST

Gregory L. Tilford. Color photos face detailed descriptions of 250 plant species in the western U.S. and Canada, covering field identification, habitat and range, edibility, medicinal uses, and more. Invites anyone interested in plants, personal well-being, and a healthy environment to discover the healing powers of the herbal world. 5-1/2 x 8-1/2, 256p, color photos, map, 1997.

E3591 paperbackUS \$21.00 CAN \$33.95

