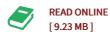




Tom Browns Guide to Wild Edible and Medicinal Plants Field Guide

By Tom Brown

Berkley Trade. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.9in. x 5.9in. x 0.5in.For untold thousands of years, human beings have thrived on the nutritional and medicinal wealth of the plant life in the natural world. In these fascinating, wide-ranging, wonderfully informative stories, Tom Brown--director of the world-famous Tracking, Nature, and Wilderness Survival School--tells all about the uncommon benefits of the common trees, shrubs, flowers, and other plants we find all around us. This indispensible guide includes information on: How to use every part of the plant--leaves, flowers, bark, bulbs, and rootsWhere to find useful plants, and the best time of the year and stages of growth to harvest themHow to prepare delicious food dishes, soups, breads and teas from the riches of the great outdoorsAn incredible range of experience-proven medicinal uses to treat headaches, burns, digestive disorders, skin problems, and a host of other maladies This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch