



Identifying and Harvesting Edible and Medicinal Plants

Steve Brill , Evelyn Dean

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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 common plants such 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 Details

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From Reader Review Identifying and Harvesting Edible and Medicinal Plants for online ebook

Yolanda says

A cursory look through the book leads me to believe this book will be very interesting and helpful.

Libby says

This is one of only a couple books on foraging I have read, but it's my favorite for what that's worth. For each plant he gives detailed description of its appearance in shoot, mature and skeleton form and also provides traditional uses as well as nutritional value. There are quite a few cooking suggestions throughout, and some concentrated in the back. I have made some wonderful salads from my yard, and I look forward to seeing what I can find in my forest this fall!

ML says

This book is well illustrated and full of information. It is more of a "pick up sometimes and learn something" book for me.

Diann says

Having worked in the pharmaceutical industry for 34+ years, I'm not about to paint Pharma as the "bad guy" as several other reviewers here have done. (I'm now retired, so I can truly speak as I see things.)

What I like seeing is all components - pharmaceuticals and herbals and diet and physical activity - working together, to create the best health, both pro-active before meds are needed and therapeutic, when either meds and/or herbals can help. From what I've observed, nearly all actual researchers in the field (that I knew around me) feel likewise.

Are there difficulties with pharma? Yes. But I find it foolish to spill the baby out with the bathwater.

But, on to the book:

This is an awesome compendium of native (to North America) plants and herbs that one can easily forage, whether as a medicinal plant, or as just a tasty repast. The book contains line-drawings of most of these plants, to aid in identification, and they are excellently-drawn. And, this book gives warnings and contra-indications for plants as needed. In cases where medical benefits of a foraged plant is noted, some of the science behind these notes are included, a positive from my perspective.

Recommended.

Karen says

Amazing how many poisonous plants are the source for the "Big Pharma" industry's poisonous "cures" for cancer. Maybe not so amazing....

Ben Gallman says

Really good information in this book. There are books that are more complete but very few have the fine tuned detail this one does. It's very readable and Mr. Brill is real Character.

Molly says

Really thorough, good book that seemed pretty comprehensive on the subject. Wish I had more time with it!

Maryam says

I can see this could be a very useful book with good illustrations for identification, however is very North-American-centric and as such less useful to me. The large size also prohibits it from being taken on walks for identifying plants.

Ethicurean Reads says

Ethicurean review of this title and several others on preserving: "I can, you can, we all can!: Essential books for preserving seasonal bounty"
