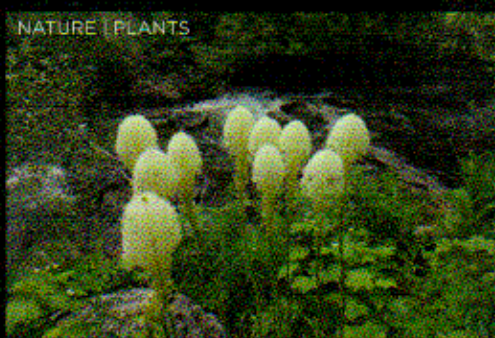




EXPLORE THE WORLD OF MEDICINAL PLANTS

This exquisitely detailed, full-color field guide provides the identification details and practical information needed to find and properly use many of the medicinal plants and wild plant foods that provide chemicals necessary for optimum health and disease prevention.

The book takes the user from simple and familiar plants to those that are less common and more difficult to identify. Each of the 160 plant entries includes a color photograph, plant description, and location. Plants are grouped according to how common or rare they are, as well as where they are found: prairies, woodlands, mountains, deserts, and wetlands.

Relevant facts about each plant include toxicity, historical uses, modern uses, and wild-life/veterinary uses. Additional information featured in this extraordinary field guide includes explanations of how each plant affects the human body, cultural and ethnic uses of medicinal herbs and cooking spices, other creatures that consume the plants, a list of the most recommended garden herbs, website resources, and much more.

Jim Meuninck is a biologist and counselor who, for more than thirty years, has studied the use of wild plants as food and medicine in North America, Europe, Central America, Japan, and China. Jim specializes in ethnobotanical media. He lives on the shores of Eagle Lake in Edwardsburg, Michigan. Join Jim on Facebook at [jim.meuninck.7](https://www.facebook.com/jim.meuninck.7).

Front cover image of blood root and back cover images of bear grass (left) and skunk cabbage (right) by Jim Meuninck
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