



## Tom Browns Guide to Wild Edible and Medicinal Plants Field Guide

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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 indispensable guide includes information on: How to use every part of the plant--leaves, flowers, bark, bulbs, and roots Where to find useful plants, and the best time of the year and stages of growth to harvest them How to prepare delicious food dishes, soups, breads and teas from the riches of the great outdoors An 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.



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