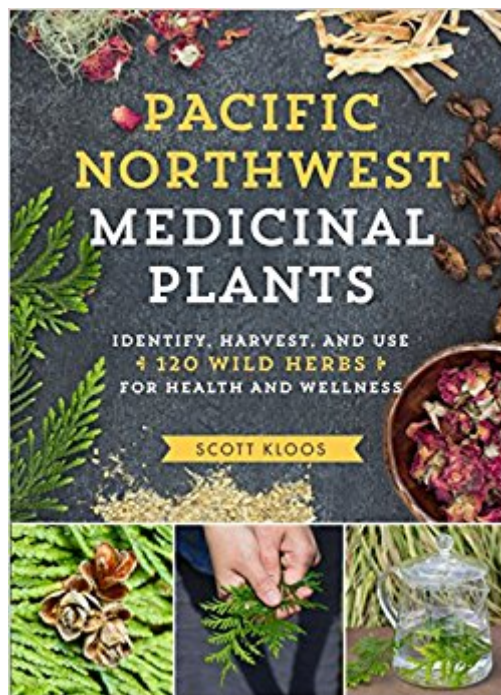




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Pacific Northwest Medicinal Plants: Identify, Harvest, And Use 120 Wild Herbs For Health And Wellness



Synopsis

Unleash the healing power of wild plants Pacific Northwest Medicinal Plants is an accessible introduction to finding and using wild plants for health and wellness. Beginners seeking reliable advice and experienced practitioners on the hunt for new information alike will delight in the plant profiles, color photographs, step-by-step instruction for essential herbal remedies, and seasonal foraging tips. This indispensable guide to finding, harvesting, and using wild plants is for wildcrafters in Alaska, Oregon, Washington, northern California, and British Columbia.

Book Information

Paperback: 416 pages

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Average Customer Review: 4.4 out of 5 stars 17 customer reviews

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Customer Reviews

• An incredibly thorough guide for identifying, harvesting, and utilizing medicinal plants. The inclusion of balanced, open-hearted comments on sustainable wildcrafting, finely individualized to each plant, is laudable. • Dr. Deborah Frances RN, ND Naturopathic physician, herbalist, author, and lecturer • A carefully written, easy-to-read, comprehensive, beautiful herbal and plant guide for the Pacific Northwest. • Matthew Wood, MS (herbal medicine), registered herbalist (American Herbalists Guild) • This authoritative and heartfelt field guide to Pacific Northwest medicinal plants will spend more time in the field or kitchen than on your bookshelf! • Robin Rose Bennett, herbalist, author of The Gift of Healing Herbs and Healing Magic • With the right tools, one can learn how to make teas, tinctures and salves that promote good health, and Kloos makes it easy to avoid the harmful effects of wild plants. • The Herald • This is a very complete and up to date book featuring 120 of the most important medicinal plants growing from northern California to Alaska. Written from the heart, this book covers growth habit, plant identification, geographical

distribution, medicinal uses, sustainability, preparation, cautions, and wildcrafting.â • â "The Oregonian â œTop Gardening Pick to Grow Your Collection.â • â "The Daily Herald

With its wealth of botanical diversity, the Pacific Northwest provides an abundance of healing herbs accessible to all. Whether you are just starting out or are looking to deepen your herbal knowledge, this book is your essential companion for finding, identifying, harvesting, and safely using the most important wild medicinal plants of Alaska, British Columbia, Oregon, Washington, and northern California.

I've been looking forward to this book since taking a class with the author two years ago and it does not disappoint! Clearly and concisely written, well laid out and full of beautiful photographs, it will be a book that I refer to often. Despite having many other field guides and herbals, this is the only book to include so many of our local plants - many of which are not covered elsewhere. It will be an invaluable resource!

A much needed guide to many Pacific Northwest Medicinal Plants with identification details you will not find in Timber Press or Peterson field guides, as well as where, when, and how to sustainably wildcraft AND medicinal uses and suggestions for herbal preparations. This is a well written and much needed guide for anyone wanting to become familiar with the plants here in the PNW, thank you Scott!

I love this book. It's full of functional knowledge and beautifully made. I'm proud to have it on my shelves - or rather, NOT on my shelves; I never put it away.

Awesome book! The photos are well done and very helpful and author also provides a lot of useful insight.

Great book with wonderful photos & detailed info for identifying medicinal plants here in Oregon. Love it!

This book is expertly done, well written, amazing pictures and full of useful information for beginners and experts alike. The author writes with heart and soul without sacrificing academic purity. It is inspiring and eye opening; in other words I can't recommend it enough!

Very helpful.

Love this book, chocked full of knowledge and the photos are so beautiful...great buy for the price!

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