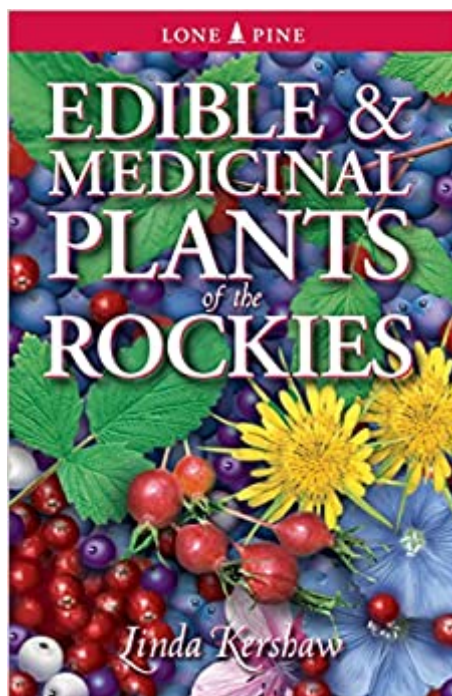


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# Edible And Medicinal Plants Of The Rockies



## Synopsis

Learn about the edible and medicinal characteristics of 333 of the most common plant species of the Rockies, from Idaho and Montana south to New Mexico. Includes information on how plants were used by both Native Americans and later settlers.

## Book Information

Paperback: 272 pages

Publisher: Lone Pine (May 19, 2000)

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Average Customer Review: 4.7 out of 5 stars 124 customer reviews

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## Customer Reviews

Edible and Medicinal Plants of the Rockies by Linda KershawAn important book for those in the Northern and Central Rocky mountain areas as well as other areas in the West. This is a photo-based guide focusing on the identification of wild edible plants. Kershaw's book, like other Lone Pine publications, covers lots of material. Brief descriptions of foods and medicines, often referring to uses by Native American Peoples, are given for each plant. Like the other books in this section, there is no detailed processing information. This book covers 182 'kinds' of plants using about 350 photographs and 73 illustrations. A 'kind' for instance, is 'all docks', or 'all Oregon Grapes' discussed together. A 'Pictorial Guide', just after the Table of Contents, shows rows and columns of small duplicate pictures of all plants covered in the book for quick reference. Many people love this 'Pictorial Guide' concept in the field because it can help them quickly find the plant they are trying to identify. .... About 20% of the plants covered can be found in various places across North America. Many of the plants covered are not found in other photographic guides. Highly recommended if you are in the Northern and Central Rockies, generally recommended for use in combination with other books as part of a western wild food library. The last time we checked our associate .com...The price was: \$ 13.96There were 25 pages of the book you could browseThe

average reviewer rating was 5 out of 5 stars --Evaluated by John Kallas, Ph.D., Director, Wild Food Adventures 4125 N Colonial Ave, Portland, OR 97217-3338

LINDA KERSHAW has been an avid naturalist since childhood and focused her studies on botany at the University of Waterloo, earning her master's degree in 1976. Following her education, she has worked as a consultant and researcher in northwestern Canada and as an editor/author in Edmonton, while pursuing her two favorite pastimes -- photography and illustrating.

for a small book its good, wish the pictures can show more than one view of the plant such in it first growing faze to maturity as I find it hard to distinguish some plants by there pictures, and could use a few more to help narrow down the options of what I am looking at

Bought this for my husband as we have been talking about survival stuff for a few years, Thanx to Naked and Afraid :) Its easy to read and the descriptions are great. My 7 year old loves to find plants when we are camping and looking them up and trying to find them in this book. We live In Montana and so far we have found a few of these in our camp spot. I would recommend this book to anyone who wanted to explore their area plants.

The first thing you notice about this book is its wonderfully sturdy construction. It is well made, ready to withstand some time in the woods with you!Next you will notice that it is color coded. The tree section is green, shrubs orange, herbs burgandy etc. Within each section the plants are divided by families.Each plant has at least one very good color photo. Most of them have two or three! Many also have illustrations. Some of the plants are covered in one page, others take two.A typical page is: Top of the Page: Mint Family HerbsThe mint family is a two page spread with three nice photos. It says "Wild Mints *Mentha* spp." Then FOOD: These plants can be eaten alone as greens, raw or cooked. . . The next paragraph is MEDICINE: The active medicinal ingredient, menthol has been shown. . . OTHER USES: These aromatic plants were hung in dwellings as air-fresheners, and they were also crushed. . .DESCRIPTION: Glandular-dotted perenials, smelling strongly of mint. . .The Description section also included info on where the plant is likely to be found. In a colored box at the bottom of the page WARNING: Wild mint and spearmint are high in pulegone, which stimulates the uterus. . .Each plant includes information on poisonous look-alikes if any, but there is also a full section on poisonous plants.The book also includes a glossary and an index.Because it is difficult for any one field guide to have EVERYTHING you are looking for, I like to use this book alongside

Edible Wild Plants: A North American Field Guide by Elias and Dykeman. I also really like Linda Kershaw's other book Plants of the Rocky Mountains.

This book is outstandingly designed to be with you in the field (or mountains). Softback but cover is reinforced for use. The 183 or so plants each have several color photos, sometimes drawings. Tidbits of information come from 58 source books without claim to verified proof as to edibility or efficacy in medicinal use. This book is excellent for identifying plants and gives very interesting (sometimes opposite) information gleaned from the reference books. It will be kept close when I am out and about.

Very educational and helpful when on long hikes and backpacking trips in the Rockies. In an effort to "get back to nature" and use natural medicines, this book has been a great resource.

Living in the Rockies, I purchased this book to be aware of what plants are safe to use for food or medicinal purposes. You just never know what may happen, and I wanted to be prepared for survival, if necessary. The book has very in-depth information and very descriptive examples to differentiate between edible and poisonous plants. I highly recommend this book for those living in this area. I believe there may be other books for desert areas, etc.

Took a class with this book, It has a lot of great info with it. The pages can handle rain very well also! Genius!

Very informative. Very detailed. Great pictures. Has more information than I was expecting.

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Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Foraging: A Guide to Discovering Delicious Edible Wild Plants and Fungi (Foraging, Wild Edible Plants, Edible Fungi, Herbs, Book 1) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Edible and Medicinal Plants of the Rockies Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Natural Medicinal Plants: Use 12 of the Proven Medicinal Herbal Plants for Healing, Skin and Beauty Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve

Your Health (Medicinal Herbs For Beginners Book 1) Edible Wild Plants for Beginners: The Essential Edible Plants and Recipes to Get Started The Encyclopedia of Medicinal Plants: A Practical Reference Guide to over 550 Key Herbs and Their Medicinal Uses Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places Doomsday Prepper's List - Edible and Medicinal Plants Edible wild fruits and nuts of Canada (Edible wild plants of Canada) Edible Garden Weeds of Canada (Canada's Edible Wild Plants) House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) The Beginner's Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves The Medicinal Garden: How to Grow and Use Your Own Medicinal Herbs Wild Edible Plants of Texas: A Pocket Guide to the Identification, Collection, Preparation, and Use of 60 Wild Plants of the Lone Star State Edible and Medicinal Mushrooms of New England and Eastern Canada: A Photographic Guidebook to Finding and Using Key Species Edible Wild Plants: 25 Plants You Can Find In The Forest: Identify, Harvest & Prepare

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