

Edible and Medicinal Plants of the Great Lakes Region

By D.O. Thomas A. Naegele

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This thorough and informative guide features over 150 plants commonly found in the Great Lakes Area, though many are prevalent throughout the United States. Each plant description is coupled with a detailed drawing, preparation techniques, related medical uses, edible qualities, a chemical breakdown, poisonous aspects, and the commercial value, if any. Edible and Medicinal Plants also features over seventy tables, organized by ailment, that list the seasons and habitats of plants known to cure specific symptoms. This well-organized, comprehensive manual allows the reader to easily find a natural remedy, or quickly identify and learn the benefits of a plant by looking it up by its Latin or common name. Edible and Medicinal Plants also contains indexes of the Latin, common, and family names of each plant listed, and has a glossary of medical terms and an illustrated glossary of botanical terms.

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