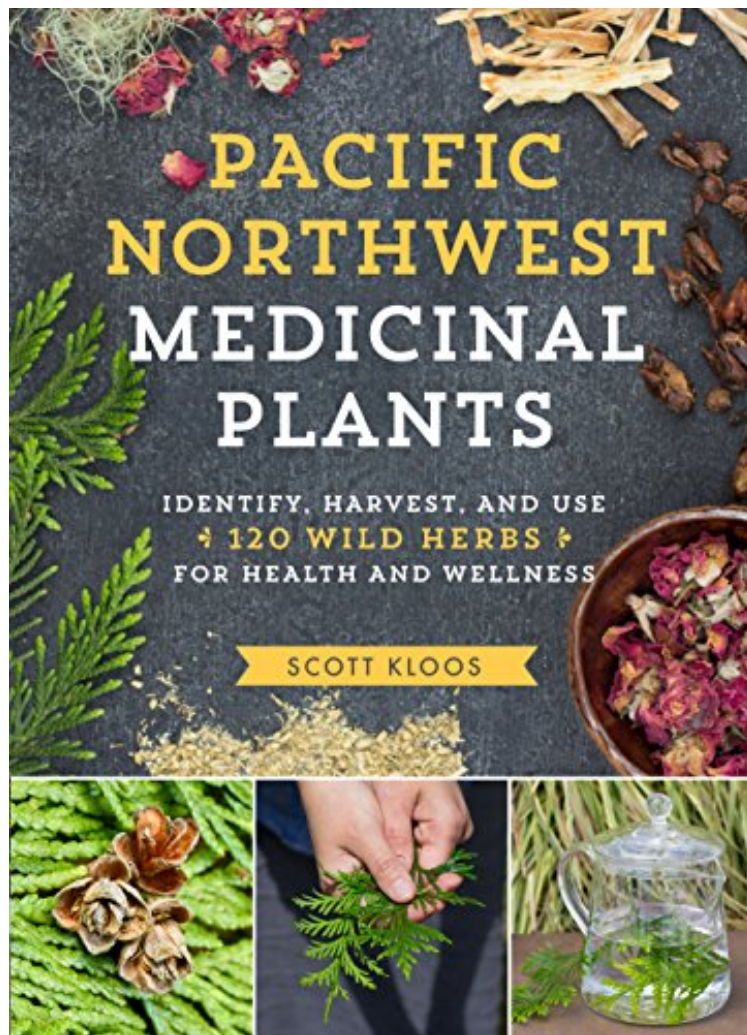


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Pacific Northwest Medicinal Plants: Identify, Harvest, and Use 120 Wild Herbs for Health and Wellness

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Unleash the healing power of wild plantsPacific 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.

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. The Oregonian Top Gardening Pick to Grow Your Collection. The Daily Herald