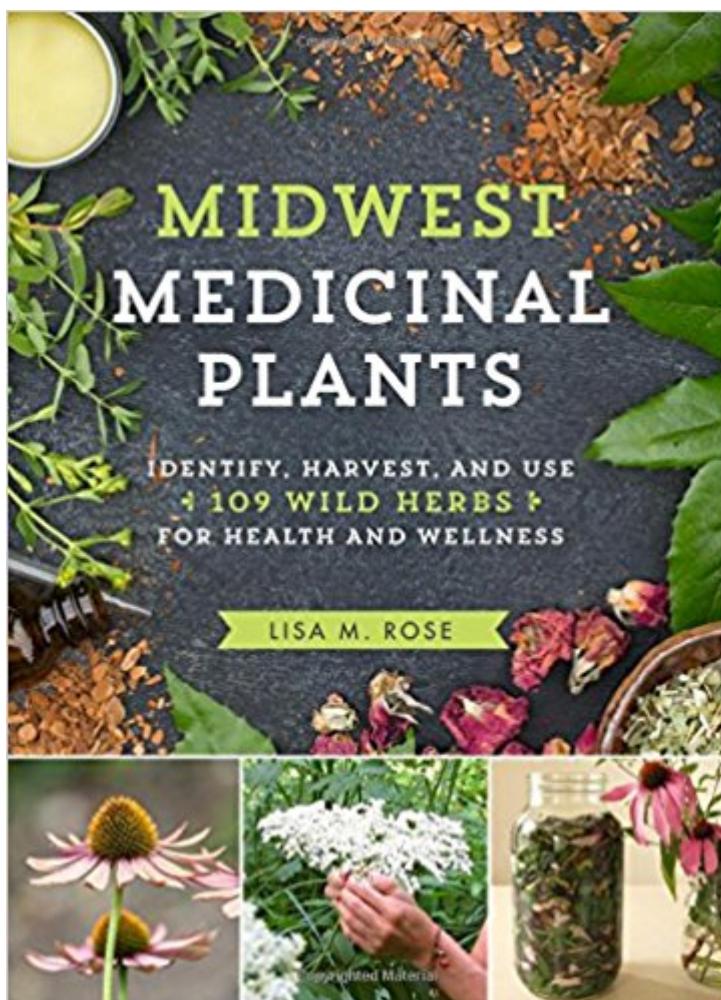


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# Midwest Medicinal Plants: Identify, Harvest, And Use 109 Wild Herbs For Health And Wellness



## Synopsis

Unleash the healing power of wild plantsMidwest Medicinal Plants is a comprehensive guide for foraging and natural medicine— that is accessible to everyone, from beginners seeking reliable advice to experienced practitioners on the hunt for new information. You'll find plant profiles, color photographs, step-by-step instruction for essential herbal remedies, and seasonal foraging tips. This must-have resource to finding, harvesting, and using wild plants covers Ohio, Illinois, Michigan, Wisconsin, Minnesota, Iowa, Missouri, Kansas, Nebraska, and Ontario.

## Book Information

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## Customer Reviews

With its wealth of botanical diversity, the Midwest 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.

Lisa M. Rose is an herbalist and forager with a background in anthropology and a professional focus on community health. Her interest in ethnobotany and herbal medicine has taken her to study plants, people, health, and their connection to place internationally. Rose leads foraging plant walks and teaches classes on edible and medicinal wild plants. She forages for her own family, herbal apothecary, and community herbalism practice.

I am really enjoying this book. It's not insanely detailed, gives good overview for a beginner like me

with harvesting, use, and some ID tips. I think it will work best for me alongside a plant identification book as most herbs only gave 1 photo and I like pictures more than words for identification. Makes herbalism more casually accessible and I'm very happy with it

I began my natural products journey when I started being sensitive to perfumes, so I sought out essential oils. But they were expensive and difficult to come by, plus there is controversy on the use of oils internally. Then I began researching herbs, and I learned so much! But what bothered me about all the herbs I read about was that I didn't live in India, I live in Indiana. An herb that thrives in India is not likely to thrive in Indiana. My husband is involved with emergency management, and disaster planning is often a topic in our house. I realized how UN-sustainable essential oils and exotic herbs are. I don't have the tools to distill my own oils or proper conditions to grow some of those herbs. But when I looked at the lush Indiana woodlands and prairies around me, I knew that beneficial herbs had to exist here. I knew a little about plantain, dandelion, and clover, but not much else. (How I regretted not talking to my grandfather about all his herbal wisdom before he died almost two decades ago!) When I was given the opportunity to review this book on NetGalley, I had high hopes! And I am happy to say this book does not disappoint. As I flipped through the book, I recognized almost all the "weeds" that I saw, most of which I had never known the names of or uses for before. I found the author's advice prudent, cautious, and respectful. I took my iPad out and spent an afternoon wandering along the fence row surrounding a cow pasture near our house, then wandered down by the creek, up the hill to the stand of trees, and along the road back home. I felt like I was being introduced to old friends for the first time. I found it comforting that the author actually lives and works here in the Midwest (Michigan), so she does actually know what she's talking about and appreciates the beauty of the Midwest. This book is exactly what I was looking for to move my herbal knowledge along. Should disaster ever strike, I now have a ready tool in my arsenal to keep my family healthy. In fact, I loved the book so much, I bought my own copy to keep. Just the E-book for now, but later, the printed version — just in case disaster strikes and I can't recharge my iPad. I gratefully received an e-ARC from the author, publisher, and NetGalley in exchange for my unbiased review. But like I said, I bought the book. It's that good.

Pretty concise as far as I can tell. I have all but given up on most medical doctors for treatment of minor ailments and have been trying various natural remedies with varying results. Thought I'd take

a look through this book and see what I can use. Lots of info and the photos are really helpful! I look forward to searching for some of these this summer and fall.

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