

Boreal Herbal Wild Food and Medicine Plants of the North

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Boreal Herbal Wild Food and Medicine Plants of the North is an indispensable guide to identifying and using Northern plants for food and medicine. Whether you are hiking in northern areas or gardening in your backyard, this easy to use handbook will help you recognize and use fifty five common wild plants that have extraordinary healing properties. With the Boreal Herbal you will learn to soothe pain with willow, staunch bleeding with yarrow, treat a urinary tract infection with bearberry, and create a delicate and uplifting skin cream from sweetgrass. Also included are dozens of healthy and delicious recipes, including Wild-Weed Spanakopita, Dandelion Wine, and Cranberry-Mint Muffins

Other Books

Securing Northern Futures. This conference highlighted information exchange and partnerships in research. Issues addressed: climate warming; contaminants; forestry; fisheries; petroleum and mineral extraction; wilderness allocation and wildlife migration; resource development, co-management and sustainability; colonization; land claims; devolution; self-government and ethnic relations; traditional knowledge; land use; health concerns; empowerment issues; and food and nutrition studies. Welcoming Remarks by Clifford G. Hickey. Opening and Keynote Addresses by: Harriet Johnlein; Stewart J. Cohen; Noel Broadbent; Stephen R. Edwards; and T. Kue Young. Papers by: S.Y. (Joe) Ahmad, Jaida Edwards, and Alexandra Thomson; Helen Fast and Fikret Berkes; David G. Malcolm and Ross W. Wein; Richard Langlais; Mark V. Prystupa; Gurston Dacks and Marina Devine; Steven Smyth; Ivar Jonsson; Christopher Hannibal-Paci; Wendy Parkes; R. Wesley Heber; Bruce J. Slusar; Sophie Morse; Nancy Gibson and Ginger Gibson; Leslie Main Johnson; Timothy W. Lambert, Colin L. Soskolne, Vangie Bergum, John Dussetor, and Steve E. Hrudey; Sandra Malcolm and B.A. Hainstock; Lia Ruttan; Cornelius Ballentyne and Sandra Malcolm; Cornelius Ballentyne and Sandra Malcolm; John Jaychandran, Helga Madsen, and Eddie Kolausok; Michael Kim Zapf; David Malcolm and Colin Bonnycastle; Vivian Manasc; Jaqueline Pruner; Jim Webb; Claudia Notzke; David J. Parks and Theresa A. Ferguson; Lois Edge, C. Weber-Pillwax, D. Makokis, and B. Beatty; and David Malcolm and Heather Acres. ? ? ? ? ? . Plants , Indigenous Medicine and Diet , Biobehavioral Approaches . Bedford Hills , New York : Redgrave Publishing Company . Etkin , N.L. (ed .) . 1994. Eating on the Wild Side , the Pharmacologic , Ecologic , and Social Implications ..."