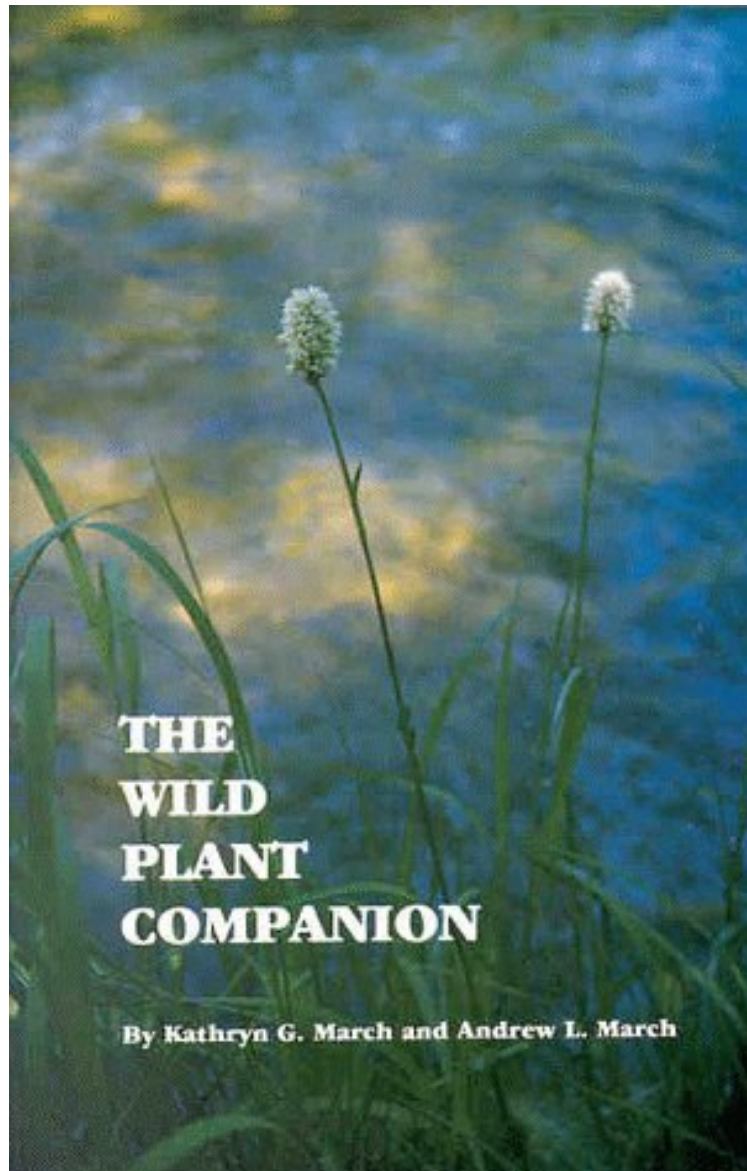


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The Wild Plant Companion: A Fresh Understanding of Herbal Food and Medicine

Kathryn G. March

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Kathryn G. March : The Wild Plant Companion: A Fresh Understanding of Herbal Food and Medicine before purchasing it in order to gage whether or not it would be worth my time, and all praised The Wild Plant Companion: A Fresh Understanding of Herbal Food and Medicine:

Sections on wild plants for survival, medicine, and cooking, with illustrated discussions of several dozen plants, using European, Chinese and American sources. Designed to be company for persons already acquainted with wild plants, who take pleasure in finding their own thoughts in other's words and desire to pursue a different kind of advanced botany. Includes discussion of the placebo effect.

What I like best about this book is its prose style--it conveys the intended information in a pleasant, almost conversational way. One feels the authors are people who have really eaten and used these plants and are practically standing there telling you about them. There are the little insights that come from experience which one rarely finds in more formalized presentations. --Coltsfoot -- Coltsfoot

About the Author Kathryn G. March and Andrew L. March have written and taught together on wild plants and mushrooms for many years. Andy has a doctorate in geography and China studies, teaches environmental science and drives a school bus. Kate attended the University of Iowa and Columbia University and studied cooking at the China Institute in New York City and with various chefs. She trades in internet auctions and is involved with crafts and gardening. the Marches live in Lakewood, Colorado.