



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

Kathryn G. March

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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.

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