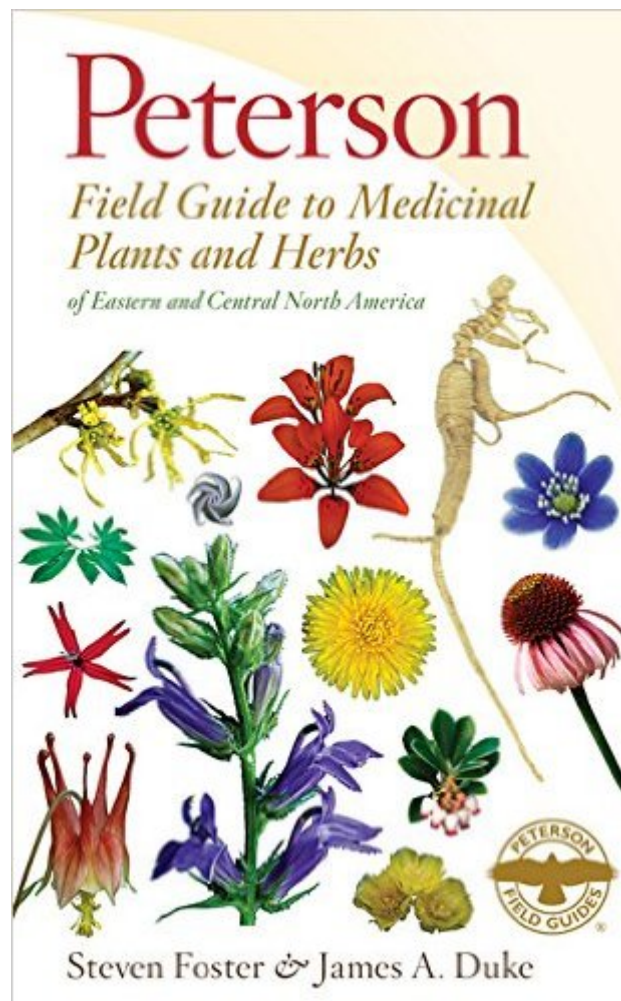


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# Peterson Field Guide To Medicinal Plants And Herbs Of Eastern And Central North America, Third Edition (Peterson Field Guides)



## Synopsis

Peterson The best-selling field guides of all time Medicinal plants are increasingly well regarded as supplements and sometimes as alternatives for prescription drugs. Steven Foster and James A. Duke have used recent advances in the study of medicinal plants and their combined experience of over 100 years to completely update the Peterson Field Guide to Medicinal Plants. The clear and concise text identifies the key traits, habitats, uses, and warnings for more than 530 of the most significant medicinal plants in the eastern and central United States and Canada including both native and alien species. Seven hundred plus images, the organization-by-color system, and simplified warnings make identifying medicinal plants fast and easy. Sponsored by the National Audubon Society, the National Wildlife Federation, and the Roger Tory Peterson Institute

## Book Information

Series: Peterson Field Guides

Paperback: 480 pages

Publisher: Houghton Mifflin Harcourt; 3 edition (April 8, 2014)

Language: English

ISBN-10: 0547943989

ISBN-13: 978-0547943985

Product Dimensions: 1.2 x 4.5 x 7.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (142 customer reviews)

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## Customer Reviews

I'm very happy with this book that I used throughout a 6-mo medicinal herbs apprenticeship; however, it's not a book that can be used alone if you are looking to identify plants in the wild. The information is fantastic, the colorful pictures are beautiful, and I appreciate the method of organization (by flower color - very helpful!), but plants don't stay in bloom all year long! Therefore, these plants can only be identified in the wild if they are in bloom, as the pictures do not include adequate photos of the leaves or non-blooming times. I definitely still recommend the book, just keep in mind that you may need some additional help.

I am really happy with my acquisition. It is a beautiful book with lots of color pictures next to the texts, illustrating each plant shown through the whole book (about half of each page space). It is a useful guide of medicinal plants and herbs with several references. There is a glossary for medicinal terms too. I recommend it to anybody who wants to identify plants and herbs quickly.

Just got the new Peterson Field Guide to Medicinal Plants and Herbs and I am so impressed. The first guide was a breakthrough book for people interested in wild herbs. This book takes it even further. Photos are fantastic, and lots of comparison shots of look-alike plants and plant details to help you really refine your identification.

I would like to read this book more thoroughly...if I could tear it out of hubby's hands. Great photos, good description of plants and uses. It gives me confidence to go out in the fields and woods to harvest. Very happy I bought it. Have to say - got it at the library first then bought it. Books cost so much these days, and the library has saved me lots of money and from buying so-so books.

the information is hard to find and the pages aren't very well set up. In order to find specific location the plant is found, you must skim through a paragraph, also the location, uses, etc. are not indented or separated in any way other than being bolded, so you the information is in a slightly different place for every plant. These things are not that big of a deal when reading at home, but make it slightly difficult in the field. I do really really like how the entire book is set up however, it is organized by plants that look alike, so if you are trying to identify a plant with white flowers, you can quickly flip through the white flower plants until you identify it. There is also a helpful index where you can search by ailment and find plants that combat it.

This was just what I wanted - a compact but comprehensive guide that I could take on my daily nature hikes. Easy reference to both plants and the conditions they treat make it fun to learn about diverse plants in my region. On my first day using it, I treated my own bee sting with plantain and found it to be the perfect remedy.

Amazing book! The vivid pictures are wonderful, and there are so many. The organization makes sense, and the text is straight to the point, which is what I like. This is the best field guide to medicinal plants out there!

I have my master's degree in library science, so I know a good reference book when I see it. This book is more for a slightly more experienced plant person, in my opinion, but the pictures are very nice and the book is well-written. As a beginner, I could figure it out, so I'm sure anyone could. You definitely would be able to avoid any mishaps while foraging for berries using this guide, since they give explicit warnings about dangerous plants throughout. I bought it to learn about the plants in my backyard, and I've already found a good deal of information about them. Recommended.

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