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Common Edible Useful Plants of the West

By Muriel Sweet, Sweet, Jerry Ed Sweet

Naturegraph Publishers, Inc., 1976. Paperback. Book Condition: New. Revised ed.. 178 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.How the Indians, pioneers, and the early Spanish-Americans used many of the common wild plants for food, and medicinal uses, also including making shelters or making artifacts. This book has the answers Young Bracken fern shoots substitute for asparagus, clover for tea. Try a decoction made from mugwort next time you get poison oak. Plants are listed in categories such as water plants, shrubs, herbs, trees, vines with an illustration to help in identification. Warning is given to avoid poisonous plants.



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