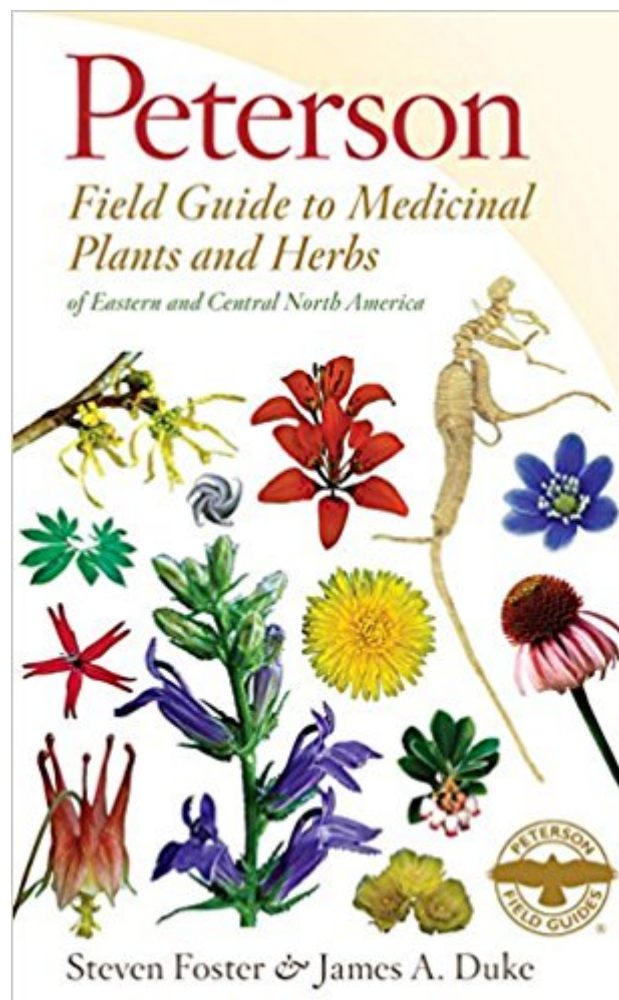




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# Peterson Field Guide To Medicinal Plants And Herbs Of Eastern And Central North America, Third Edition (Peterson Field Guides)



## 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

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## Customer Reviews

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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. With more than forty years of experience in the herbal field, STEVEN FOSTER is the author, coauthor, and photographer of seventeen books. DR. JAMES A. DUKE has over six decades of experience as a botanist, and is the author of more than twenty books. [use PFG website QR code] To learn more, visit [www.petersonfieldguides.com](http://www.petersonfieldguides.com) or scan here."

With more than 40 years of experience in the herbal field, Steven Foster is author, co-author, and photographer of seventeen books. He lives in Eureka Springs Arkansas, in the heart of the medicinal plant-rich Ozarks. With more than 60 years of experience as a botanist, and 30 years in medical botany James A. Duke is the author of more than 20 books. He lives in Fulton, Maryland, surrounded by some 300 medicinal plants.

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 think there should be thumb tags for easier access for research purposes. AND I would like to have had one subject per page... rather than flipping over to locate the rest of the information on the previous flower. It can be a bit confusing when doing a lot of research. But I really appreciate and respect the library and the work that went into gathering the information.

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.

Well, this is my first field guide book that I've purchased to take with me on nature walks, and I'm quite impressed! I just recently started my Herbalist classes and this is amazing and helpful!

Peterson's Field Guide to medicinal Plants has beautiful pictures, great descriptions, and uses of each plant. I would highly recommend this book as it includes trees, poisonous plants, etc.

This is an extremely informative book complete with photo references to a majority of the plants. There were some with no photos, but that was a rare occurrence. History and uses of the plants were described in detail, along with regional locations of each.

Great book, however it lacks in identification. Peterson's guide to wildflowers is a good book to go with it. The sections in this book are helpful. Shows poisonous/toxic plants, historical uses, scientific findings, and folk uses. It does not mention any doses, but this can be researched if you find a plant of interest.

This field guide stays in my car so that I can identify medicinal plants wherever I go. Small enough to toss in my pack for a day hike and handy to have when visiting friends and family. You never know what medicinal plants you may find in their yard. \*\*please always obtain permission before harvesting plants on other's property and always harvest responsibly\*\* Index and format make it easy to find the plant that I need to identify. I have added tabs to the plants I find most useful. Great resource for the budding herbalist/ Wildcrafter. I look forward to collecting more Peterson guides in the near future.

Beautiful pictures. Book has nice descriptions of each plant. "Where found, Uses and Warnings" are in bold letters to easily locate in descriptions. The plants are divided by colors of flowers which is nice although you would need to know the colors to look them up this way. I love the book and it's small enough to carry with me when I am out and want to look up plants.

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