



Edible & Medicinal Wild Plants of the Midwest

Matthew Alfs

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In this groundbreaking study, the edibility and healing potential of one-hundred different wild plants (including many common weeds) from the upper-Midwestern United States is presented in great detail: In addition to the treasure trove of information culled from the author's many years of experience as a forager, wild-plant processor, and practicing herbalist, over one-thousand scientific and ethnobotanical studies on the plants are referenced in order to complement the information that is presented. Furthermore, one-hundred-seventy-one, full-color photos are included to augment the physical descriptions of the plants provided in the text in order to assist the reader to identify them as they grow in the fields, meadows, and woods of the upper Midwest. Last but not least, a glossary, several appendices (including a detailed classification of the plants by physiological functions), and a comprehensive index round out this first-of-its-kind study on the edible and medicinal aspects of the wild plants of the upper Midwest!

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