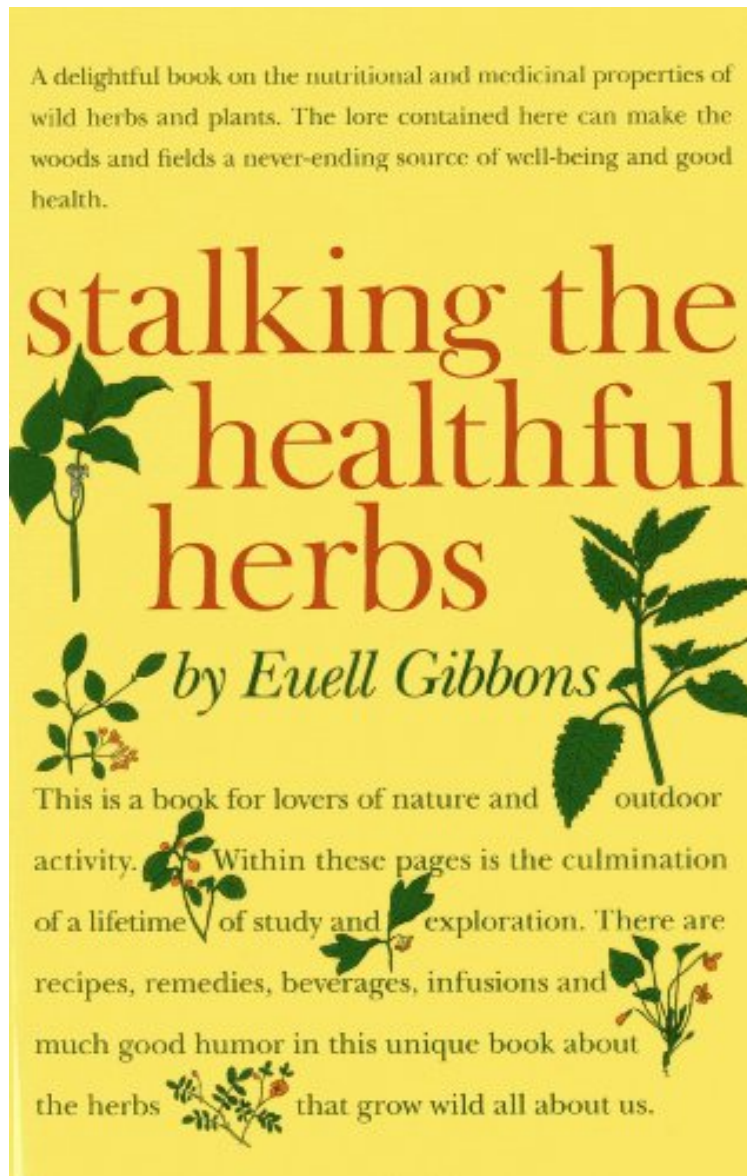


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## Stalking The Healthful Herbs (19660101)

*Euell Gibbons*

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#393066 in Books Alan C. Hood 1966 2005-03-22Original language:EnglishPDF # 1 8.50 x 5.75 x 1.00l, .85 #File Name: 0911469060301 pages | File size: 66.Mb

**Euell Gibbons : Stalking The Healthful Herbs (19660101)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Stalking The Healthful Herbs (19660101):

0 of 0 people found the following review helpful. Five StarsBy Christopher MichaelsEuell Gibbons is a great writer and makes learning about plants easy and fun!5 of 6 people found the following review helpful. Useful herbal guide!By Randy J. MercurioEuell Gibbons made a very useful guide by publishing this book on more than 40 herbs. It

is not only enjoyable to read but contains information on natural remedies, beverages, infusions, recipes and edibility, if applicable, of the herbs covered. Each plant entry has the common scientific name, some lore history of the plant, general description and basic identification accompanied by very raw drawing/sketch, mentions places to look for each plant (includes general habitat and distribution), gives the flowering time and when to take specific parts of the plant, tells of abundant vitamins and/or minerals in each plant, explains what ailments may be cured, provides recipes and other useful tips and information. If you are new to learning how to identify plants then you may find this book to be lacking in some guidance here and I always suggest using more than one book for identifying plants as there is no room for error here. If you are an herbalist, botanist, forager, survivalist or just curious about herbs I highly recommend this book as an addition to your library...I doubt you'll be disappointed! 0 of 0 people found the following review helpful. You are what you eat that you find in the wild By Wd.Sherman I never realized how many wonderful herbs were right outside my back door. Just taking a walk with my eyes 'opened' by this book I see natural and free herbs to keep me healthy. Eue knew! Thanks Euell for showing me the way

Here Euell Gibbons shows the reader how to enjoy the culinary and medicinal virtues of herbs and wild plants. Drawn from the author's wide knowledge of plants as well as from the lore of native Americans and early settlers, the information is supplemented by nutritionists at Pennsylvania State University who worked with Gibbons on analysis of the entries.

From Publishers Weekly Even those who have no intention of combing the countryside for cleavers, slippery elm or velvet dock will welcome the return to print of this 1966 classic guide to American wild herbs for its wealth of knowledge. Many since the late Gibbons ( *Stalking the Wild Asparagus* ) have written about the medicinal and nutritive properties of indigenous flora, and nouvelle cuisine has domesticated the notion of edible flowers, but the author's good-humored approach to preparing pine tree needles, boiled nettles and similar treats establishes his as a uniquely charming voice in the self-important world of health foods ("I would like to think that it was sheer genius that caused me to get all the proportions right in my first attempt to make this fragrant ambrosia rose petal jam, but I know it was just blind luck"). Gibbons is the quintessential American naturalist, rhapsodic about nature but eminently practical as well--and never above looking for get-rich-quick schemes, as demonstrated by his experiments to produce a chocolate substitute from basswood. Illustrated. Copyright 1989 Reed Business Information, Inc. From *Scientific American* A handful of crushed pennyroyal rubbed on exposed skin will keep mosquitoes away. A half-cup of violet-leaf greens has as much Vitamin C as four oranges. Lemonade flavored with a jigger of borage juice is an especially cooling drink. The roots of Queen Anne's lace will do for a meal in an emergency. That insatiable stalker of the wildlings, Euell Gibbons, has been out hunting again. "How will the librarian classify this wise and delightful book that is, of course, about herbs and plants but with such a difference that the gardener, the cook, the chemist, the botanist, and the experimental scientist will find it rewarding reading? ...Books by this stalker should find a place in all general collections. K.T.Willis, *Library Journal* "