



Edible & Medicinal Wild Plants of the Midwest

By 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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Editorial Review

Review

In... this updated edition of...Edible & Medicinal Wild Plants of Minnesota & Wisconsin (now more appropriately named for the wide range of plants across the Midwest),... we find medicines often omitted in other contemporary texts....The monographs average three pages in length, and [there are]171 color photographs. A recommended reference for the unique plants covered and for practical clinical comments.-- Paul Bergner --Medical Herbalism 17(1) (Winter 2013-14):13

About the Author

Matthew Alfs, M.H, R.H. (A.H.G.) is a nature teacher, wild-plant forager, environmentalist, and practicing herbalist who is trained and skilled in a variety of healing traditions--both Western and Asian. He is the founder of the Midwest Herbs & Healing center, an integrative-natural-therapies clinic known throughout the country as a resource for genuine healing. In addition, he is the founder and director of the Midwest School of Herbal Studies, providing distance education to herbal-medicine enthusiasts throughout North America. Mr. Alfs is also the author of the highly-acclaimed reference book, 300 Herbs: Their Indications and Contraindications, first published in 2003. He teaches herbalism at several community colleges and lectures extensively on topics such as wild foods, herbal medicine, ethnobotany, mankind's responsibility toward wildlife, and other environmental and health-related subjects.

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