



Pacific Northwest Medicinal Plants: Identify, Harvest, and Use 120 Wild Herbs for Health and Wellness

Scott Kloos

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Unleash the healing power of wild plants

Pacific Northwest Medicinal Plants combines two trends: foraging and natural medicine. This comprehensive guide is accessible to everyone, from beginners seeking reliable advice to experienced practitioners on the hunt for new information. Readers will find plant profiles, color photographs, step-by-step instruction for essential herbal remedies, and seasonal foraging tips. This indispensable guide to finding, harvesting, and using wild plants is for readers in Alaska, Oregon, Washington, northern California, and British Columbia.

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