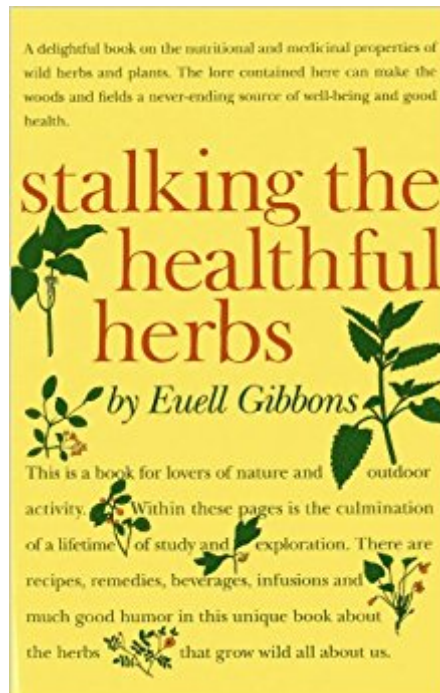




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# Stalking The Healthful Herbs (19660101)



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

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.

I purchased a copy of this book over thirty years ago. It still gives me great pleasure. I enjoy his enthusiasm for the edible things he finds in the wild, his speculations as to their history, and his reports of analysis by Penn State. I also like his recipes. Some people find the very idea of rose jelly (technically it should be called a "conservé") a little too exotic, but most people love the idea of eating their roses. I have been experimenting with making each batch out of only one rose variety, and each bush gives a subtly different flavor under the dominant rose note. White roses tend to produce brown conserve. Mint conserve is another favorite, and you actually will be trying to increase the dandelions in your yard after you try his dandelion recipes. Jewelweed really does work on poison ivy, and you will be relieved to learn that skunk cabbage is not so healthy that it is worth holding your nose and choking it down. If you are interested in herbalism, alternative medicine, natural sources of vitamins, or just what to put into your herb garden, you will enjoy this book. Do try the recipes.

Euell Gibbons is a great writer and makes learning about plants easy and fun!

Euell 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!

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

There's something very happy, almost cute about the way this book is written - you can tell there's a genuine love for the plants described within.

Of course, the book is written to hold the reader's attention. However, a friend had given rave reviews, and I was hoping for better pictures of the plants. The pictures are black and white pencil drawings, when given, which is less than needed.

It is so much fun to forage out in nature to find these herbs. Just don't take too much so there will be more next year and especially not if the plant is an endangered species.

Got this book specifically for the chapter on Roses - not disappointed at all. Euell is a very knowledgeable herbalist and his conversational tone is charming. Love this book. I have lots of herb books, but this one is quickly becoming a favorite.

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