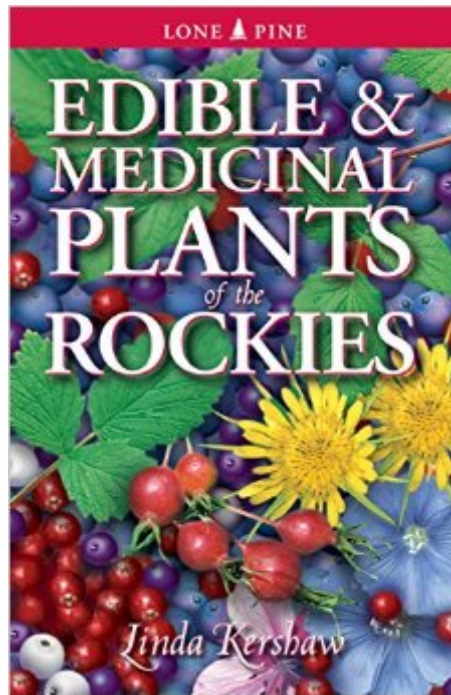


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# Edible And Medicinal Plants Of The Rockies



## Synopsis

Learn about the edible and medicinal characteristics of 333 of the most common plant species of the Rockies, from Idaho and Montana south to New Mexico. Includes information on how plants were used by both Native Americans and later settlers.

## Book Information

Paperback: 272 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (110 customer reviews)

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## Customer Reviews

For the basics on this great book, see Leslie Nelson's review -- it's spot on in describing its many strengths. I know nothing that touches it for Rockies edible & medicinal plants. Its pictures make gathering the most common plants quite easy, at least for someone used to identifying flowers, trees, bushes & other plants. Though for some plants, and if you're not used to identifying plants, I'd recommend getting a few other books for confirmation, such as Guennel's Guide to Colorado Wildflowers: Mountains (Guide to Colorado Wildflowers. Vol 2. Mountains) & Kershaw's "parent" wildflower book, Lone Tree's Plants of the Rocky Mountains. If you're not sure on identification, another couple of books often help. For your area -- mine is Colorado -- you might go to your local National Forest bookstore or a State Park bookstore. If you're actually planning to use these plants medicinally (which I do), you might want something like Phyllis Balch's Prescription for Herbal Healing: An Easy-to-Use A-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies, which has no pictures, but has a lot more data on uses, limitations & warnings. I live on Pikes Peak and, during the season -- maybe April/May through October/November, I gather fresh greens, berries, bark, leaves, etc. on many, if not most days.

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