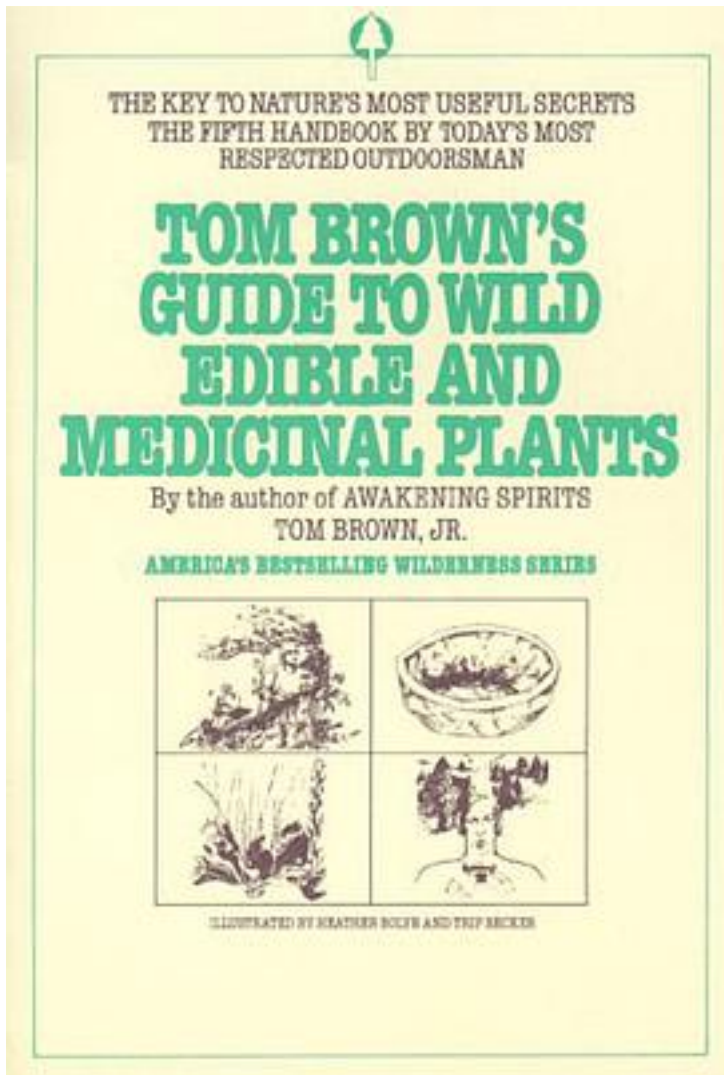


Tom Brown's Guide to Wild Edible and Medicinal Plants



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For untold thousands of years, human beings have thrived on the nutritional and medicinal wealth of the plant life in the natural world. In these fascinating, wide-ranging, wonderfully informative stories, Tom Brown--director of the world-famous Tracking, Nature and Wilderness Survival School--tells all about the uncommon benefits of the common trees, shrubs, flowers, and other plants we find around us.

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