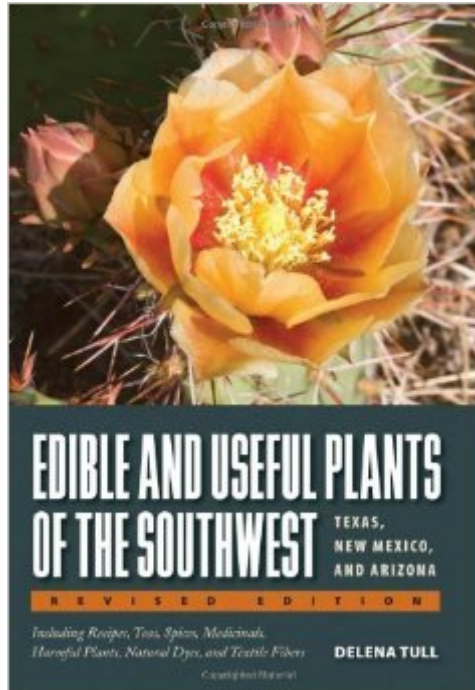


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# Edible And Useful Plants Of The Southwest: Texas, New Mexico, And Arizona



## Synopsis

All around us there are wild plants useful for food, medicine, and clothing, but most of us don't know how to identify or use them. Delena Tull amply supplies that knowledge in this book, which she has now expanded to more thoroughly address plants found in New Mexico and Arizona, as well as Texas. Extensively illustrated with black-and-white drawings and color photos, this book includes the following special features: Recipes for foods made from edible wild plants Wild teas and spices Wild plant dyes, with instructions for preparing the plants and dyeing wool, cotton, and other materials Instructions for preparing fibers for use in making baskets, textiles, and paper Information on wild plants used for making rubber, wax, oil, and soap Information on medicinal uses of plants Details on hay fever plants and plants that cause rashes Instructions for distinguishing edible from poisonous berries Detailed information on poisonous plants, including poison ivy, oak, and sumac, as well as herbal treatments for their rashes

## Book Information

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Average Customer Review: 4.3 out of 5 stars See all reviews (17 customer reviews)

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## Customer Reviews

I wanted to like this book because as someone who has recently moved to the SW, I have a new plant palette to learn. Unfortunately, after reading a few entries, I can't trust it. I wish I'd realized that before marking it up so I could return it, because it's not an inexpensive paperback. The contradictions within the text would be entirely confusing to a beginner. E.g. the entry for spicebush (*Lindera benzoin*) is a single paragraph that states: "berries of the spicebush have been used in the past as a spice and a tea", "It is reported that the dried berries were used during the American Revolution as a substitute for allspice", and "The tiny yellow flowers produce a red berry...that is not

edible.". So which is it? Not edible? Spice? Tea? Fortunately, I'm on very close terms with *Lindera benzoin*, so I know it's a delicious, traditional wild edible. But the fact that this kind of obvious mistake made it past the fact checker means I can't trust the book as a whole. *Lindera benzoin* just happens to be a plant I know, but how would I recognize similar mistakes in the profiles of plants I'm not familiar with? Save your money. I wish I had.

I am loving this book! Now every time I leave the house, it's a journey into culinary possibilities. The grandchildren and I are munching on edibles that we formally thought of as "weeds" and have discovered that almost every plant has a clearly defined useful purpose. What an eye opener!

This is a good book but I think it is a little more to deep for my east Texas self. I was looking for something that was easy to understand and the pictures could have been better. It is very detailed if that is what you are looking for. I could care less about the technical names of plants.

I hike a lot and use this book to find plants to search for where I plan to hike. This provides a clear understanding of the plants as well as the pros and cons of the plants. This book has helped make a list for my kids to search for while we are hiking. I have enjoyed watching the reaction from my kids when we discover a plant in the book and can eat the plant or its fruit. I have found this book fills the time between my kids asking, "Are we there yet?" I do recommend this book.

Useless unless you already know plants by their scientific name, not useful to identify plants, not useful to look up plant by common name. Frankly unless your a botanist, just skip it. The color pages are nicely done, but too few, and poorly organized. (as is the whole book)

Help me ID dozens of plants in my yard and general area. Would highly recommend to anyone interested in this kind of thing, it even has preparation notes if you want to try things.

Learned a lot live in the southwest

I have the printed book and now the Kindle book. This book is well written and an excellent reference book. I'm happy I purchased it.

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