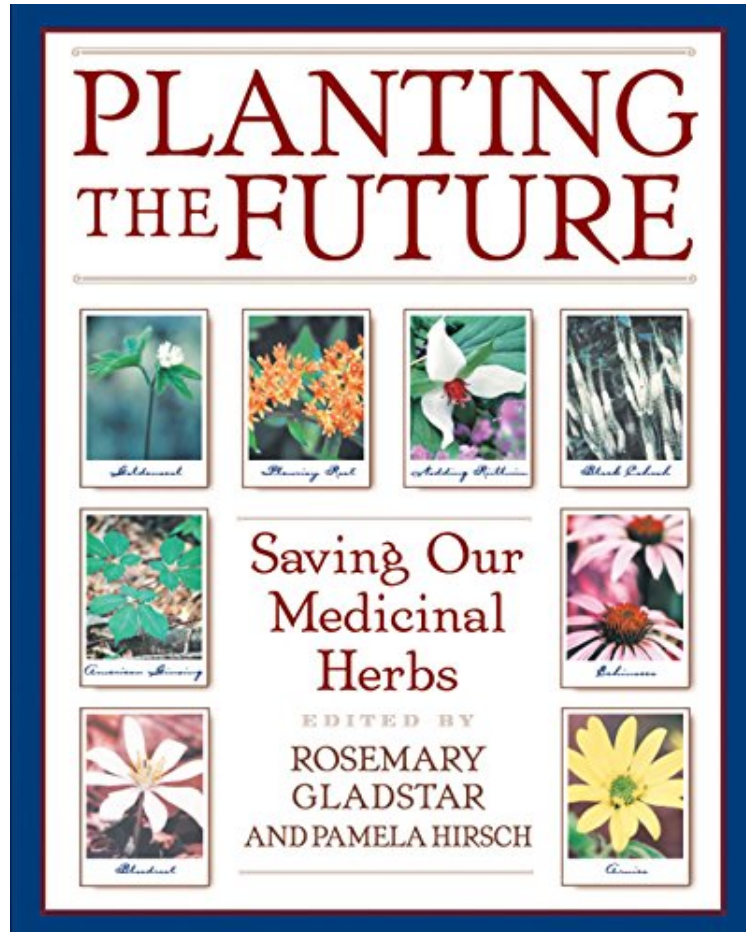


Planting the Future: Saving Our Medicinal Herbs

Rosemary Gladstar, Pamela Hirsch
audiobook | *ebooks | Download PDF | ePub | DOC



 Download

 Read Online

#419311 in Books 2000-09-01 2000-09-01Original language:EnglishPDF # 1 10.00 x .80 x 8.00l, 1.61 #File Name: 0892818948328 pages | File size: 36.Mb

Rosemary Gladstar, Pamela Hirsch : Planting the Future: Saving Our Medicinal Herbs before purchasing it in order to gage whether or not it would be worth my time, and all praised Planting the Future: Saving Our Medicinal Herbs:

18 of 18 people found the following review helpful. Save the plants, save ourselvesBy Merilyn WelchPlanting the Future provides both motivation and instruction for saving medicinal plants. The public's growing realization of the healing potential of plants is positive, but over-harvesting has led to a decline in native stands of many plants. Rosemary Gladstar has gathered a stellar team of writers to address the issue. The index reads like a who's-who of the herbal world. More than 30 plants are addressed in individual articles written by herbalists who know and love them. A grower of any size can use the information, the backyard up to a large sanctuary. A gardener can find the plants best suited their area, as well as how to propagate and care for them. Once grown, there is information about the preparation and use of the plants. My own tiny urban medicinal garden is part of the effort to save valuable plants thanks to guidance from these leaders. Herbalists, native plant enthusiasts and conservationists will all find value in

this book.0 of 0 people found the following review helpful. Precious resource--good reading tooBy Student of world spiritualityA lovely book to read, with a very spiritual element that echoes the work of Stephen Buhner, even. The seller was prompt and the item as expected--maybe even better, as many of the individual essays had been signed by the authors!0 of 0 people found the following review helpful. Gladstar is the best!By Andrea N.Excellent information that is helpful to the budding herbalist.

Voted one of the Top 10 books in 2000 by the Vermont Book Publishers Association. A collective endeavor by United Plant Savers, featuring America's most respected and well-known herbalists. Contributors include Don Babineau, Tim Blakley, Mark Blumenthal, Jane Bothwell, Stephen Harrod Buhner, David Bunting, Richo Cech, Tane Datta, Shatoiya and Rick de la Tour, Ryan Drum, Doug Elliott, Steven Foster, Cascade Anderson Geller, Kate Gilday, Rosemary Gladstar, James Green, Pamela Hirsch, Christopher Hobbs, Sara Katz, Kathi Keville, Robyn Klein, Richard Liebmann, Brigitte Mars, Pam Montgomery, Nancy and Michael Phillips, Janice J. Schofield, Joanne Marie Snow, Deb Soule, Paul Strauss, Gregory L. Tilford, Krista Thie, Susun S. Weed, David Winston, Martin Wall, Matthew Wood. While the renaissance in the U.S. botanical market is positive in many respects, medicinal plant populations are suffering from loss of habitat and overharvesting, and many bestselling herbs are now at risk including echinacea, American ginseng, goldenseal, Hawaiian wild kava, and wild yam. The authors share their extensive experience with using and growing thirty-three of these popular herbs and include suggestions for creating your own private herbal sanctuary--whether a city balcony, suburban backyard, or rural retreat. Full-color photographs will inspire experienced and novice herb users alike to protect and cultivate these remarkable healing plants. Readers will also find out how to use herbal analogues for at-risk plants--other medicinal herbs that provide the same benefits and exist in plentiful amounts--and learn ways to make their herbal purchases a vote for sustainability. *Planting the Future* shows us how we can participate in the land stewardship, habitat protection, and eco-friendly consumption that will ensure an abundant, renewable supply of medicinal plants for future generations. All author royalties will be used for replanting native medicinal herbs on a 370-acre botanical sanctuary in Ohio.

From BooklistThe United Plant Savers group is dedicated to the "green medicine of plants," a natural approach to the healing benefits of our flora. One result of their efforts is this wealth of essays focusing on conservation issues and the cultivation and usage of native medicinal species. Informative and instructional, the compendium identifies at-risk plants, and encourages sound practices by all individuals and businesses that utilize herbs. The greater part of the book is organized into alphabetical entries for plants, from American Ginseng to Yerba Santa, a shrubby, aromatic evergreen. Appendixes include facts about seaweeds, plant nursery listings, planting guides, and resources, adding up to an important contribution to the literature of herbalism. Alice JoyceCopyright American Library Association. All rights reserved "A ground-breaking book (pun intended). A manual for personal and planetary health, an important book for city and country dwellers alike." (Light of Consciousness, Winter 2002)"A must-have for all of us who say that we worship the ground we walk on." (Barbara Ardinger, PanGaia: Earthwise Spirituality, Winter 2001-02)"The book draws on the experience not only of its two editors but also many other respected herbalists from the organization United Plant Savers." (Pearly Baker Best, Magical Blend's Natural Beauty Health, Summer 2002)"The United Plant Savers group is dedicated to the 'green medicine of plants,' a natural approach to the healing benefits of our flora. An important contribution to the literature of herbalism." (Alice Joyce, Booklist)"Exceptional." (Today's Books, February 8, 2001)From the Back CoverHERBALISM / GARDENING FEATURING THE RESPECTED HERBALISTS OF UNITED PLANT SAVERS Don Babineau Tim Blakley Mark Blumenthal Jane Bothwell Stephen Harrod Buhner David Bunting Richo Cech Tane Datta Shatoiya and Rick de la Tour Ryan W. Drum Doug Elliott Steven Foster Cascade Anderson Geller Kate Gilday Rosemary Gladstar James Green Pamela Hirsch Christopher Hobbs Sara Katz Kathi Keville Robyn Klein Richard Liebmann Brigitte Mars Pam Montgomery Nancy and Michael Phillips Janice J. Schofield Joanne Marie Snow Deb Soule Paul Strauss Gregory L. Tilford Krista Thie Susun S. Weed David Winston Martin Wall Matthew Wood While the renaissance in the U.S. botanical market is positive in many respects, medicinal plant populations are suffering from loss of habitat and overharvesting, and many bestselling herbs are now at risk including echinacea, American ginseng, goldenseal, Hawaiian wild kava, and wild yam. The authors share their extensive experience with using and growing thirty-three of these popular herbs and include suggestions for creating your own private herbal sanctuary--whether a city balcony, suburban backyard, or rural retreat. Full-color photographs will inspire experienced and novice herb users alike to protect and cultivate these remarkable healing plants. Readers will also find out how to use herbal analogues for at-risk plants--other medicinal herbs that provide the same benefits and exist in plentiful amounts--and learn ways to make their herbal purchases a vote for sustainability. *Planting the Future* shows us how we can participate in the land stewardship, habitat protection, and eco-friendly consumption that will ensure an abundant, renewable supply of medicinal plants for future generations. A practicing herbalist with twenty-six years of experience, ROSEMARY GLADSTAR is the founder of United Plant Savers (UpS), a nonprofit organization dedicated to preserving Americas native medicinal plants, and cofounder of Sage Mountain Herbs, which offers a comprehensive herbal training program. She is also the author of numerous books, including the

bestselling *Herbal Healing for Women*. PAMELA HIRSCH, owner of Rowan Mountain Herbals, an herbal body-care business specializing in natural soaps, has worked with medicinal herbs for nearly a decade. Growing up in the Middle East, Asia, and Europe, she was exposed to different healing modalities at an early age. She shares her hard-won herbal secrets for staying healthy on the road in *The Travelers Natural Medicine Kit* (forthcoming from Healing Arts Press).