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480 pages and over 2,500 images of the world's most common edible plants with full color illustrations of each leaf, flower and fruit, plus a list of medical uses for each plant and what health conditions they have been historically used for. There's a wholes section on edible flowers, medicinal herbs, even seaweeds and desert plants.

Free Food and Medicine : Worldwide... book

Background Diversifying food sources by including edible wild plants or weeds as food resources can help to combat the issues of simplified diets and food security in the modern world.

Edible wild plants as food and as medicine: reflections on ...

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