

## ***The Botany Of Desire A Plant S Eye View Of The World***

"Includes 12 important food rules"--Jacket.

The book that helped make Michael Pollan, the New York Times bestselling author of *How to Change Your Mind*, *Cooked* and *The Omnivore's Dilemma*, one of the most trusted food experts in America Every schoolchild learns about the mutually beneficial dance of honeybees and flowers: The bee collects nectar and pollen to make honey and, in the process, spreads the flowers' genes far and wide. In *The Botany of Desire*, Michael Pollan ingeniously demonstrates how people and domesticated plants have formed a similarly reciprocal relationship. He masterfully links four fundamental human desires—sweetness, beauty, intoxication, and control—with the plants that satisfy them: the apple, the tulip, marijuana, and the potato. In telling the stories of four familiar species, Pollan illustrates how the plants have evolved to satisfy humankind's most basic yearnings. And just as we've benefited from these plants, we have also done well by them. So who is really domesticating whom?

In *Anatomy of a Rose*, Sharman Apt Russell eloquently unveils the "inner life" of flowers. From their diverse fragrances to their nasty deceptions, Russell proves that, where nature is concerned, "wonder is not only our starting point, it can also be our destination." Throughout this botanical journey, she reveals that the science behind these intelligent plants-how they evolved, how they survive, how they heal-is even more awe-inspiring than their fleeting beauty. Russell helps us imagine what a field of snapdragons looks like to a honeybee, and she introduces us to flowers that regulate their own temperature, attract pollinating bats, even smell like a rotting corpse. She also delves into cutting-edge research on everything from flower senses to their healing power. Long used to ease everything from depression to childbirth, flowers are now our main line of defense against childhood leukemia and the deadly Ebola virus. In this poetic rumination, which combines graceful writing with a scientist's clarity, Russell brings together the work of botanists around the globe, and illuminates a world at once familiar and exotic.

'A must-read ... satisfying, rich ... loaded with flavour' Sunday Telegraph This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. In *Defence of Food* is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. By following a few pieces of advice (Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. His most recent book, about the ethics and ecology of eating, is *The Omnivore's Dilemma*, named one of the ten best books of 2006 by the New York Times and the Washington Post. He is also the author of *The Botany of Desire*, *A Place of My Own* and *Second Nature*.

A Philosophical Botany

The Architecture of Daydreams

The Secrets Behind what You Eat

How to Change Your Mind

Biology

A Field Guide

Sixteenth-Century Plants and Print Culture

Finalist for the Pulitzer Prize and the PEN/E.O. Wilson Literary Science Writing Award "Injects much-needed vibrancy into the stuffy world of nature writing." —Outside, "The Outdoor Books That Shaped the Last Decade" The biologist and author of *Sounds Wild* and *Broken* combines elegant writing with scientific expertise to reveal the secret world hidden in a single square meter of old-growth forest In this wholly original book, biologist David Haskell uses a one-square-meter patch of old-growth Tennessee forest as a window onto the entire natural world. Visiting it almost daily for one year to trace nature's path through the seasons, he brings the forest and its inhabitants to vivid life. Each of this book's short chapters begins with a simple observation: a salamander scuttling across the leaf litter; the first blossom of spring wildflowers. From these, Haskell spins a brilliant web of biology and ecology, explaining the science that binds together the tiniest microbes and the largest mammals and describing the ecosystems that have cycled for thousands- sometimes millions-of years. Each visit to the forest presents a nature story in miniature as Haskell elegantly teases out the intricate relationships that order the creatures and plants that call it home. Written with remarkable grace and empathy, *The Forest Unseen* is a grand tour of nature in all its profundity. Haskell is a perfect guide into the world that exists beneath our feet and beyond our backyards.

*The Study of Plants in a Whole New Light* "Matt Candeias succeeds in evoking the wonder of plants with wit and wisdom." —James T. Costa, PhD, executive director, Highlands Biological Station and author of *Darwin's Backyard* #1 New Release in Nature & Ecology, Plants, Botany, Horticulture, Trees, Biological Sciences, and Nature Writing & Essays In his debut book, internationally-recognized blogger and podcaster Matt Candeias celebrates the nature of plants and the extraordinary world of plant organisms. A botanist's defense. Since his early days of plant restoration, this amateur plant scientist has been enchanted with flora and the greater environmental ecology of the planet. Now, he looks at the study of plants through the lens of his ever-growing houseplant collection. Using gardening, houseplants, and examples of plants around you, *In Defense of Plants* changes your relationship with the world from the comfort of your windowsill. The ruthless, horny, and wonderful nature of plants. Understand how plants evolve and live on Earth with a never-before-seen look into their daily drama. Inside, Candeias explores the incredible ways plants live, fight,

have sex, and conquer new territory. Whether a blossoming botanist or a professional plant scientist, *In Defense of Plants* is for anyone who sees plants as more than just static backdrops to more charismatic life forms. In this easily accessible introduction to the incredible world of plants, you'll find:

- Fantastic botanical histories and plant symbolism
- Passionate stories of flora diversity and scientific names of plant organisms
- Personal tales of plantsman discovery through the study of plants

If you enjoyed books like *The Botany of Desire*, *What a Plant Knows*, or *The Soul of an Octopus*, then you'll love *In Defense of Plants*.

Challenges readers to reconsider the moral standing of plants.

**Quicklets: Your Reading Sidekick!** ABOUT THE BOOK For look into a flower, and what do you see? Into the very heart of nature's double nature—that is, the contending energies of creation and dissolution, the spiraling toward complex form and the tidal pull away from it. Apollo and Dionysus were names the Greeks gave to these two faces of nature, and nowhere in nature is their contest as plain or as poignant as it is in the beauty of a flower and its rapid passing. Published over ten years ago, Michael Pollan's *The Botany of Desire: A Plant's-Eye View of The World* has had a profound impact on a generation increasingly sensitive to their interaction with nature and the environment. Teaching us to bridge gaps and take on perspectives other than our own, Pollan shows us revelatory information regarding our shared history with plants. Throughout the book, the dichotomy of the Apollonian and Dionysian are expounded upon the balance that is inherent in nature.

Ideally, there is a give and take between controlled clarity and the seemingly chaotic. This extends to the reciprocal relationship between man and plant. MEET THE AUTHOR Britt Keller enjoys writing on any number of topics in order to share her understanding and perspective with others. She went to school for design, but has lately become more interested in reading, writing, philosophy, etcetera. EXCERPT FROM THE BOOK *The Basic Desire* All beings are united by the most basic of desires: making copies of itself. For Pollan, the next logical step was to seriously consider the plants point of view. More specifically: the apple, the tulip, cannabis, and the potato. While we consider them domesticized, that gives the impression that were in charge.

Unequivocally, they are in turn manipulating us, each party ensuring the survival of the other species. Further, by looking at the social history of each of these plants, we find highly accurate clues about the history of mankind. We shape them, and they shape us. In tracing our relation to the development of each plant, we unlock a multitude of implications about who we are. Whom Domesticating Whom? Recognizing the complexity and sophistication of plants lies in appreciating the difference in direction they've taken to invent new strategies of survival. Transforming water, soil, and sunlight, they are true alchemists... Buy a copy to keep reading! CHAPTER OUTLINE Michael Pollan's *The Botany of Desire: A Plant's-Eye View of the World* + About *The Botany of Desire: A Plant's-Eye View of The World* + About Michael Pollan + Overall Summary + The Human Bumblebee + ...and much more

Mostly Plants

*A Plant's-Eye View of the World*

*The Myth of Nutrition and the Pleasures of Eating*

*Plants That Kill*

*Wild Urban Plants of the Northeast*

*What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence*

*101 Delicious Flexitarian Recipes from the Pollan Family*

***#1 New York Times Bestseller from the author of *How to Change Your Mind*, *The Omnivore's Dilemma*, and *Food Rules*. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we're consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we see to become. With *In Defense of Food*, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: "Eat food. Not too much. Mostly plants." Pollan's bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.***

***A warm and witty saga about agribusiness, environmental activism, and community—from the celebrated author of *The Book of Form and Emptiness* and *A Tale for the Time Being*. Yumi Fuller hasn't set foot in her hometown of Liberty Falls, Idaho—heart of the potato-farming industry—since she ran away at age fifteen. Twenty-five years later, the prodigal daughter returns to confront her dying parents, her best friend, and her conflicted past, and finds herself caught up in an altogether new drama. The post-millennial farming community has been invaded by Agribusiness forces at war with a posse of activists, the *Seeds of Resistance*, who travel the country in a camping car, "The Spudnick," biofueled by pilfered McDonald's french-fry oil. Following her widely hailed, award-winning debut novel, *My Year of Meats*, Ruth Ozeki returns here to deliver a quirky cast of characters and a wickedly humorous appreciation of the foibles of corporate life, globalization, political resistance, youth culture, and aging baby boomers. *All Over Creation* tells a celebratory tale of the beauty of seeds, roots, and growth—and the capacity for renewal that resides within us all.***

***The Botany of Desire: A Plant's-Eye View of the World* Random House**

***An account of the historical influences of six commercial plants, including sugar, tea, cotton, potatoes, quinine, and coca, evaluates their role in the Atlantic slave trade, opening up of China, and establishment of multiple colonial empires. Reprint.***

***The Silk Road Origins of the Foods We Eat***

***All Over Creation***

***How We Discovered that Flowers Have Sex, Leaves Eat Air, and Other Secrets of Plants***

*A Year's Watch in Nature*

*Quicklet on Michael Pollan's The Botany of Desire (CliffNotes-like Summary, Analysis, and Review)*

*This Is Your Mind on Plants*

*Exploring The Secret Life Of Flowers*

**"Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits." —The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of How to Change Your Mind and the #1 New York Times Bestseller In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with *The Omnivore's Dilemma*, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, *The Omnivore's Dilemma* continues to transform the way Americans think about the politics, perils, and pleasures of eating.**

**"Once in a great while a popular scientific book opens a whole new field. *Plants, Man and Life* is such a book."—The New York Times What's the difference between wild and cultivated plants? Why has the study of cultivated plants been neglected, and why is so little known about the common plants that have endured since ancient times? This innovative ecological survey examines the long history of human and plant interactions. Author Edgar Anderson, a distinguished botanist, analyzes suggestive pieces of evidence in a reader-friendly narrative that recounts the origins and evolution of plant life with all the intrigue of a good detective story. In tracing the development of human influence on plant life, Anderson focuses particularly on crops, which he reveals as having started out as weeds--hybrids that sprang up from the dump heaps and gardens of early humans. His investigation of the tangled and continuing history of weeds and cultivated plants ranges from autumnal European greens and the American sunflower to backyard landscapes in developing countries, where fruit trees, flowers, vines, and vegetables mingle with the sources for fibers, poisons, narcotics, and other drugs.**

**Dragon Stewart, seventh-grader at Piney Woods Middle school, works hard every day to avoid bullies and his own weird sister. But things change when his mom gets sick and social services steps in to make sure they are safe and well taken care of. (Spoiler: They're not.) School has always been hard for Dragon; dyslexia is just one of the deep, dark secrets that keep him alone in the school hallways. He is sure that he will never do well in school, never belong, never be enough. (Spoiler: He's wrong.) Fans of Gordon Korman's *Restart* and R.J. Palacio's *Wonder* will enjoy Dragon's inspiring journey to discover that his story matters.**

**The instant New York Times bestseller | A Washington Post Notable Book | One of NPR's Best Books of the Year "Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways." —New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a "drug"? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.**

*An Eater's Manifesto*

*The Omnivore's Dilemma*

*In Defense of Food*

*A Gardener's Education*

*Darwin's Backyard: How Small Experiments Led to a Big Theory*

*Plants in our World: Economic Botany:*

*The Norton Book of Nature Writing*

*A full-color illustrated guide to the natural history of the most poisonous plants on earth This richly illustrated book provides an in-depth natural history of the most*

*poisonous plants on earth, covering everything from the lethal effects of hemlock and deadly nightshade to the uses of such plants in medicine, ritual, and chemical warfare. Featuring hundreds of color photos and diagrams throughout, Plants That Kill explains how certain plants evolved toxicity to deter herbivores and other threats and sheds light on their physiology and the biochemistry involved in the production of their toxins. It discusses the interactions of poisonous plants with other organisms--particularly humans--and explores the various ways plant toxins can target the normal functioning of bodily systems in mammals, from the effects of wolfsbane on the heart to toxins that cause a skin reaction when combined with the sun's rays. This intriguing book also looks at plants that can harm you only if your exposure to them is prolonged, the ethnobotany of poisons throughout human history, and much more. A must for experts and armchair botanists alike, Plants That Kill is the essential illustrated compendium to these deadly and intriguing plants. Provides an authoritative natural history of the most poisonous plants on earth Features hundreds of color illustrations throughout Looks at how and why plants produce toxins Describes the effects of numerous poisonous plants, from hemlock and deadly nightshade to poppies and tobacco Explains poisonous plants' evolution, survival strategies, physiology, and biochemistry Discusses the uses of poisonous plants in medicine, rituals, warfare, and more*

*"A glorious piece of prose . . . Pollan leads readers on his adventure with humor and grace." —Chicago Tribune A captivating personal inquiry into the art of architecture, the craft of building, and the meaning of modern work "A room of one's own: Is there anybody who hasn't at one time or another wished for such a place, hasn't turned those soft words over until they'd assumed a habitable shape?" When Michael Pollan decided to plant a garden, the result was the acclaimed bestseller Second Nature. In A Place of My Own, he turns his sharp insight to the craft of building, as he recounts the process of designing and constructing a small one-room structure on his rural Connecticut property—a place in which he hoped to read, write, and daydream, built with his own two unhandy hands. Michael Pollan's unmatched ability to draw lines of connection between our everyday experiences—whether eating, gardening, or building—and the natural world has been the basis for the popular success of his many works of nonfiction, including the genre-defining bestsellers The Omnivore's Dilemma and In Defense of Food. With this updated edition of his earlier book A Place of My Own, readers can revisit the inspired, intelligent, and often hilarious story of Pollan's realization of a room of his own—a small, wooden hut, his "shelter for daydreams"—built with his admittedly unhandy hands. Inspired by both Thoreau and Mr. Blandings, A Place of My Own not only works to convey the history and meaning of all human building, it also marks the connections between our bodies, our minds, and the natural world.*

*A pragmatic and informative look at better living through cannabis. Cannabis. Weed. Bud. Whatever you choose to call it, it's been a health aid, comfort, and life-enhancer for humankind for more than three thousand years. But while cannabis is used by hundreds of millions of people around the world, more than a century of prohibition has resulted in confusion about its status: Is it healthy? Is it medicinal? Will it make you crazy? In this fun, illuminating book, cannabis journalist Amanda Siebert delves deep into the latest research to separate marijuana fact from fiction, revealing ten evidence-based ways this potent little plant can improve your life. She speaks with some of the world's top researchers, medical professionals, and consultants to answer questions such as: Can cannabis help you get a full night's sleep? Does it aid in exercise and weight loss? Can it really cure cancer? She also offers practical advice for enjoying its benefits, including easy-to-follow, step-by-step instructions for consumption and dosage, as well as examples of real people who have used this drug to enhance their lives. Cannabis, it turns out, could be life-changing: it can enrich any diet, slow down aging, and even spice things up in the bedroom.*

*In We Are the Weather, Jonathan Safran Foer explores the central global dilemma of our time in a surprising, deeply personal, and urgent new way. Some people reject the fact, overwhelmingly supported by scientists, that our planet is warming because of human activity. But do those of us who accept the reality of human-caused climate change truly believe it? If we did, surely we would be roused to act on what we know. Will future generations distinguish between those who didn't believe in the science of global warming and those who said they accepted the science but failed to change their lives in response? The task of saving the planet will involve a great reckoning with ourselves—with our all-too-human reluctance to sacrifice immediate comfort for the sake of the future. We have, he reveals, turned our planet into a farm for growing animal products, and the consequences are catastrophic. Only collective action will save our home and way of life. And it all starts with what we eat—and don't eat—for breakfast.*

*Botany for Gardeners*

*The Forest Unseen*

*A Place of My Own*

*Of Books and Botany in Early Modern England*

*Second Nature*

*Six Plants that Transformed Mankind*

*New York Times and USA Today Bestseller "Eat food, not too much, mostly plants." With these seven words, Michael Pollan—brother of Lori, Dana, and Tracy Pollan, and son of Corky—started a national conversation about how to eat for optimal health. Over a decade later, the idea of eating mostly plants has become ubiquitous. But what does choosing "mostly plants" look like in real life? For the Pollans, it means eating more of the things that nourish us, and less of the things that don't. It means cutting down on the amount of animal protein we consume, rather than eliminating it completely, and focusing on vegetables as the building blocks of our meals. This approach to eating—also known as a*

flexitarian lifestyle—allows for flavor and pleasure as well as nutrition and sustainability. In *Mostly Plants*, readers will find inventive and unexpected ways to focus on cooking with vegetables—dishes such as Ratatouille Gratin with Chicken or Vegetarian Sausage; Crispy Kale and Potato Hash with Fried Eggs; Linguine with Spinach and Golden Garlic Breadcrumbs; and Roasted Tomato Soup with Gruyere Chickpea "Croutons". Like any family, the Pollans each have different needs and priorities: two are vegetarian; several are cooking for a crowd every night. In *Mostly Plants*, readers will find recipes that satisfy all of these dietary needs, and can also be made vegan. And the best part: many of these dishes can be on the table in 35 minutes or less! With skillet-to-oven recipes, sheet pan suppers, one pot meals and more, this is real cooking for real life: meals that are wholesome, flavorful, and mostly plant based.

A tree that sheds poison daggers; a glistening red seed that stops the heart; a shrub that causes paralysis; a vine that strangles; and a leaf that triggered a war. In *Wicked Plants*, Stewart takes on over two hundred of Mother Nature's most appalling creations. It's an A to Z of plants that kill, maim, intoxicate, and otherwise offend. You'll learn which plants to avoid (like exploding shrubs), which plants make themselves exceedingly unwelcome (like the vine that ate the South), and which ones have been killing for centuries (like the weed that killed Abraham Lincoln's mother). Menacing botanical illustrations and splendidly ghastly drawings create a fascinating portrait of the evildoers that may be lurking in your own backyard. Drawing on history, medicine, science, and legend, this compendium of bloodcurdling botany will entertain, alarm, and enlighten even the most intrepid gardeners and nature lovers.

In the tradition of *The Botany of Desire* and *Wicked Plants*, a witty and engaging history of the first botanists interwoven with stories of today's extraordinary plants found in the garden and the lab. In *Paradise Under Glass*, Ruth Kassinger recounted with grace and humor her journey from brown thumb to green, sharing lessons she learned from building a home conservatory in the wake of a devastating personal crisis. In *A Garden of Marvels*, she extends the story. Frustrated by plants that fail to thrive, she sets out to understand the basics of botany in order to become a better gardener. She retraces the progress of the first botanists who banished myths and misunderstandings and discovered that flowers have sex, leaves eat air, roots choose their food, and hormones make morning glories climb fence posts. She also visits modern gardens, farms, and labs to discover the science behind extraordinary plants like one-ton pumpkins, a truly black petunia, a biofuel grass that grows twelve feet tall, and the world's only photosynthesizing animal. Transferring her insights to her own garden, she nurtures a "cocktail" tree that bears five kinds of fruit, cures a Buddha's Hand plant with beneficial fungi, and gets a tree to text her when it's thirsty. Intertwining personal anecdote, accessible science, and untold history, the ever-engaging author takes us on an eye-opening journey into her garden—and yours.

"One of the distinguished gardening books of our time," from the #1 New York Times–bestselling author of *The Omnivore's Dilemma* (USA Today). Chosen by the American Horticultural Society as one of the 75 greatest books ever written about gardening After Michael Pollan bought an old Connecticut dairy farm, he planted a garden and attempted to follow Thoreau's example: do not impose your will upon the wilderness, the woodchucks, or the weeds. That ethic did not, of course, work. But neither did pesticides or firebombing the woodchuck burrow. So Michael Pollan began to think about the troubled borders between nature and contemporary life. The result is a funny, profound, and beautifully written book in the finest tradition of American nature writing. It inspires thoughts on the war of the roses; sex and class conflict in the garden; virtuous composting; the American lawn; seed catalogs, and the politics of planting a tree. A blend of meditation, autobiography, and social history, *Second Nature*, from the renowned author of *The Botany of Desire*, *In Defense of Food*, and other bestsellers, is "as delicious a meditation on one man's relationship with the Earth as any you are likely to come upon" (The New York Times Book Review). "Usually when Americans have wanted to explore their relationship to nature they've gone to the wilderness, or the woods. Michael Pollan went to the garden instead . . . and he's returned with a quirky and pleasing book." —Annie Dillard "A joy to read." —Los Angeles Times

Safe, Therapeutic, and Sacred Journeys

Saving the Planet Begins at Breakfast

In Defence of Food

Plants, Man and Life

Seeds of Change

A Natural History of the World's Most Poisonous Plants

A Stubbornly Persistent Illusion

*W. W. Norton is pleased to announce that The Norton Book of Nature Writing is now available in a paperback college edition.*

*This one-semester text is designed for an upper level botany course. Plants in our World emphasizes how people use plants; including fundamental information on morphology, anatomy, and taxonomy as a foundation of general botany. Now in full color, the fourth edition includes molecular data that has immensely altered the understanding of relationships among flowering plants and recently pinpointed the origin of numerous crops. Taxonomy of species has been updated to discuss the system of the Angiosperm Phylogeny Group.*

*In this field guide to the future, esteemed Harvard University botanist Peter Del Tredici unveils the plants that will become even more dominant in urban environments under projected future environmental conditions. These plants are the most important and most common plants in cities. Learning what they are and the role they play, he writes, will help us all make cities more livable and enjoyable. With more than 1000 photos, readers can easily identify these powerful plants. Learn about the fascinating cultural history of each plant.*

*Take a New Look at Raven! "BIOLOGY" is an authoritative majors textbook focusing on evolution as a unifying theme. In revising the text, McGraw-Hill consulted with numerous*

users, noted experts and professors in the field. "Biology" is distinguished from other texts by its strong emphasis on natural selection and the evolutionary process that explains biodiversity. The new 8th edition continues that tradition and advances into modern biology by featuring the latest in cutting edge content reflective of the rapid advances in biology. That same modern perspective was brought into the completely new art program offering readers a dynamic, realistic, and accurate, visual program. To view a sample chapter, go to [www.ravenbiology.com](http://www.ravenbiology.com)

*The Botany of Desire by Michael Pollan (SuperSummary)*

*The Psychedelic Explorer's Guide*

*How Marijuana Can Improve Your Life*

*A Novel*

*Wicked Plants*

*Fruit from the Sands*

*Evolution and Ethnobotany*

"Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

"A comprehensive and entertaining historical and botanical review, providing an enjoyable and cognitive read."—Nature The foods we eat have a deep and often surprising past. From almonds and apples to tea and rice, many foods that we consume today have histories that can be traced out of prehistoric Central Asia along the tracks of the Silk Road to kitchens in Europe, America, China, and elsewhere in East Asia. The exchange of goods, ideas, cultural practices, and genes along these ancient routes extends back five thousand years, and organized trade along the Silk Road dates to at least Han Dynasty China in the second century BC. Balancing a broad array of archaeological, botanical, and historical evidence, *Fruit from the Sands* presents the fascinating story of the origins and spread of agriculture across Inner Asia and into Europe and East Asia. Through the preserved remains of plants found in archaeological sites, Robert N. Spengler III identifies the regions where our most familiar crops were domesticated and follows their routes as people carried them around the world. With vivid examples, *Fruit from the Sands* explores how the foods we eat have shaped the course of human history and transformed cuisines all over the globe.

Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultr-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the first time, joining the 23 million who have already experimented with this substance Called "America's wisest and most respected authority on psychedelics and their use," James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience--from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals new uses for LSD and other psychedelics, including microdosing, extremely low doses, for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how

psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

**Cannabis: Evolution and Ethnobotany** is a comprehensive, interdisciplinary exploration of the natural origins and early evolution of this famous plant, highlighting its historic role in the development of human societies. Cannabis has long been prized for the strong and durable fiber in its stalks, its edible and oil-rich seeds, and the psychoactive and medicinal compounds produced by its female flowers. The culturally valuable and often irreplaceable goods derived from cannabis deeply influenced the commercial, medical, ritual, and religious practices of cultures throughout the ages, and human desire for these commodities directed the evolution of the plant toward its contemporary varieties. As interest in cannabis grows and public debate over its many uses rises, this book will help us understand why humanity continues to rely on this plant and adapts it to suit our needs.

Study Guide

In Defense of Plants

Cannabis

A Natural History of Four Meals

An Exploration into the Wonder of Plants

Plants as Persons

Cooked

Contemplating the textual gardens, poetic garlands, and epigrammatic groves which dot the landscape of early modern English print, Leah Knight exposes and analyzes the configuration of plants and writing in the period. She argues that the early modern cultures and cultivation of plants and books depended on each other in historically novel ways that yielded a profusion of linguistic, conceptual, metaphorical, and material intersections. Examining both poetic and botanical texts, as well as the poetic texts, this study focuses on the two outstanding English botanical writers of the sixteenth century, William Turner and John Gerard, to suggest the unexpected history between literature and science in the early modern genre of the herbal. In-depth readings of their work are situated amid chapters that establish the broader context of interpenetration of plants and writing in the period's cultural practices in order to illuminate a complex interplay between materials and discourses rarely considered in

SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 50-page guide for "The Botany of Desire" by Michael Pollan includes detailed chapter summaries and analysis covering 4 chapters, as well as several more in-depth sections of expert-written literary analysis. The content includes commentary on major characters, 25 important quotes, essay topics, and key themes like The Co-evolution of Plants and Humans and The Definition of Food.

Michael Pollan, the bestselling author of *The Omnivore's Dilemma*, *Food Rules*, and *How to Change Your Mind*, explores the previously uncharted territory of his own kitchen in *Cooked*. "Having described what's wrong with American food in his best-selling *The Omnivore's Dilemma* (2006), New York Times contributor Pollan delivers a more optimistic and equally fascinating account of how to do it right. . . . A delightful chronicle of the education of a cook who steps back frequently to extol the scientific and philosophical benefits of this deeply satisfying human activity." —Kirkus (starred review) *Cooked* is now a Netflix docuseries based on the book that focuses on the four kinds of "transformations" in

cooking. Directed by Oscar-winning filmmaker Alex Gibney and starring Michael Pollan, *Cooked* teases out the links between science, culture and the flavors we love. In *Cooked*, Pollan discovers the enduring power of the four classical elements—fire, water, air, and earth—to transform the stuff of nature into delicious things to eat and drink. In *Cooked*, he immerses himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer. Each section of *Cooked* details Pollan's effort to master a single classic recipe using one of the four elements. A North Carolina barbecue pit master tutors him in the primal magic of fire; a Chez Panisse chef teaches him the art of braising; a celebrated baker teaches him how air transforms grain and water into a fragrant loaf of bread; and finally, several mad-genius scientists (and a tribe that includes brewers, cheese makers, and all kinds of picklers) reveal how fungi and bacteria can perform the most amazing alchemies of all. The reader learns a lot about food, but the lessons move beyond the practical to become an investigation of how cooking involves us in a web of social and ecological relationships. Cooking, above all, connects us to the natural world; and the effects of not cooking are similarly far reaching. Relying upon corporations to process our food means we consume large quantities of fat, sugar, and salt; disrupt an ecosystem; and weaken our relationships with family and friends. In fact, *Cooked* argues, taking back control of cooking may be the single most important step any of us can take to help make the American food system healthier and more sustainable. Reclaiming cooking as an act of enjoyment and self-reliance, learning to perform the magic of the four transformations, opens the door to a more nourishing life.

"If you've ever fantasized walking and conversing with the great scientist on the subjects that consumed him, and now wish to add the fullness of reality, read this book." —James T. Costa, author of *Half-Earth: Our Planet's Fight for Life* James T. Costa takes readers on a journey from Darwin's childhood through his voyage on the HMS Beagle, which launched his theory of evolution, on to Down House, his bustling home of forty years. Using his garden and greenhouse, the surrounding meadows and woodlands, and even the hallways of his home-turned-field-station, Darwin tested ideas of his landmark theory of evolution through an astonishing array of experiments without using specialized equipment. From those results, he plumbed the laws of nature and drew evidence for the revolutionary arguments of *On the Origin of Species* and other watershed works. This u

introduces us to an enthusiastic correspondent, collaborator, and, especially, an incorrigible observer and experimenter. And it includes eighteen experiments for home, garden. Finalist for the 2018 AAAS/Subaru SB&F Prizes for Excellence in Science Books.

Cannabis, Forgetting, and the Botany of Desire

We Are the Weather

A Natural History of Transformation

The Essential Scientific Works of Albert Einstein

The Little Book of Cannabis

Plants and Society

The Botany of Desire

**Presents an introduction to the science of botany written specifically for gardeners and horticulturists, focusing on flowering plants or angiosperms, the largest group in the plant kingdom, and gymnosperms, plants that produce seeds in the open spaces of cones.**

**The celebrated physicist and author of A Brief History of Time brings together a single-volume compilation of the most important works by Albert Einstein, presenting his papers on the Theory of Relativity, quantum theory, statistical mechanics, the photoelectric effect, and other ground-breaking studies that transformed modern physics. 75,000 first printing.**

**The book that helped make Michael Pollan, the New York Times bestselling author of Cooked and The Omnivore's Dilemma, one of the most trusted food experts in America**

**In 1637, one Dutchman paid as much for a single tulip bulb as the going price of a town house in Amsterdam. Three and a half centuries later, Amsterdam is once again the mecca for people who care passionately about one particular plant—though this time the obsessions revolves around the intoxicating effects of marijuana rather than the visual beauty of the tulip.**

**How could flowers, of all things, become such objects of desire that they can drive men to financial ruin? In The Botany of Desire, Michael Pollan argues that the answer lies at the heart of the intimately reciprocal relationship between people and plants. In telling the stories of four familiar plant species that are deeply woven into the fabric of our lives, Pollan illustrates how they evolved to satisfy**

**humankind's most basic yearnings—and by doing so made themselves indispensable. For, just as we've benefited from these plants, the plants, in the grand co-evolutionary scheme that Pollan evokes so brilliantly, have done well by us. The sweetness of apples, for example, induced the early Americans to spread the species, giving the tree a whole new continent in which to blossom. So who is really**

**domesticating whom? Weaving fascinating anecdotes and accessible science into gorgeous prose, Pollan takes us on an absorbing journey that will change the way we think about our place in nature.**

**A Garden of Marvels**

**The Weed That Killed Lincoln's Mother and Other Botanical Atrocities**

**My Storied Year**

**Anatomy Of A Rose**