

Edible Indigenous Wild Fruit Plants Of Eastern Botswana

Wild fruits play an important role in mitigating hunger in the developing world. As a sustainable and natural food source in rural areas, these fruits have a strong effect on regional food security and poverty alleviation. This makes the utilization of wild foods incredibly important for native populations both in terms of food security and economics. There are many traditional methods for wild fruit harvesting, indigenous tree and plant domestication and cultivation passed down through generations that are sustainable and economically viable, ultimately contributing to a better quality of life for large sections of the developing world. To date there has not been a reference work focusing on the full scope of wild fruits from their growth and chemical makeup to their harvest, distribution, health effects and beyond. Wild Fruits: Composition, Nutritional Value and Products adequately fills this gap, expansively covering the utilization of multi-purpose wild fruits in regions worldwide. Effects on quality of life, food security, economics and health are extensively covered. Over 31 wild fruit species are examined, with individual chapters focusing on each species' phytochemical constituents, bioactive compounds, traditional and medicinal uses and chemical composition. Harvest, post-harvest and consumption methods are covered for each, as are their overall effect on the food security and economics of their native regions. This book is essential for researchers in search of a comprehensive singular source for the chemical makeups and cultivation of indigenous wild fruits and their many benefits to their native regions.

The Story of the Apple reveals the solution to a long-standing puzzle. Where did the apple come from, and why is the familiar large, sweet, cultivated apple so different from all other wild apple species with their bitter, cherry-sized fruits? This book will fascinate gardeners who wish to know more about the origin and natural history of the plants that they grow in their yards or orchards, researchers and students in botany and horticulture who want the evidence from DNA, geology, anthropology, archaeology, zoology, and Classical history, and anyone with an interest in diet, well-being, and the benevolent effects of plants on the emergence of humankind.

Kindscher documents the medicinal use of 203 native prairie plants by the Plains Indians. He also adds information on recent pharmacological findings to further illuminate the medicinal nature of these plants. He uses Indian, common, and scientific names and describes Anglo folk uses, medicinal uses, scientific research, and cultivation.

Wild Plants, Mushrooms and Nuts: Functional Properties and Food Applications is a compendium of current and novel research on the chemistry, biochemistry, nutritional and pharmaceutical value of traditional food products, namely wild mushrooms, plants and nuts, which are becoming more relevant in diets, and are especially useful for developing novel health foods and in modern natural food therapies. Topics covered will range from their nutritional value, chemical and biochemical characterization, to their multifunctional applications as food with beneficial effects on health, though their biological and pharmacological properties (antioxidant, antibacterial, antifungal, antitumor capacity, among others).

Exotic Fruits Reference Guide

Midwest Foraging

Plants and Indigenous Medicine and Diet

Gardening with Native Plants of the South

Biobehavioral Approaches

African Perspectives

115 Wild and Flavorful Edibles from Burdock to Wild Peach

Issues in Food and Health / 2013 Edition is a ScholarlyEditions™ book that delivers timely, authoritative, and comprehensive information about Food Safety. The editors have built Issues in Food and Health: 2013 Edition on the vast information databases of ScholarlyNews.™ You can expect the information about Food Safety in this book to be accurate, up-to-date, and reliable. Issues in Food and Health / 2013 Edition is among the most current information available, and fully up-to-date with 2013 editions of all chapters published. Issues in Food and Health / 2013 Edition is accessible online to subscribers, and also available for individual purchase at ScholarlyEditions™ and available exclusively from us. You now have a source you can cite with authority, confidence, and credibility. More information is available at http://www.ScholarlyEditions.com/.

Biodiversity and its Significance deals with the various fundamental aspects of biodiversity, which have a direct and strong impact on human beings and their environment. It comprises 20 articles contributed by renowned experts in their areas. This pioneering book has been designed for the students and research scholars of Plant Science and Bioinformatics.

Provides information on identification and uses of edible prairie plants.

Edible Wild Plants of Pennsylvania and Neighboring StatesPenn State PressEdible Wild Plants of the PrairieAn Ethnobotanical Guide

Edible Plants in Health and Diseases

Ethnobotany of India, Volume 2

Applications in Plant Biotechnology

Herbal Medicine in India

Edible Wild Plants of Pennsylvania and Neighboring States

Western and Central Himalayas

Volume 1 : Cultural, Practical and Economic Value

A guide to locating and preparing wild edible plants growing in Missouri. Each plant has a botanical name attached. The length or season of the flower bloom is listed; where that particular plant prefers to grow; when the plant is edible or ready to be picked, pinched, or dug; how to prepare the wildings; and a warning for possible poisonous or rash-producing plants or parts of plants.--from Preface (p. vi).

This book comprises 5 parts and 21 chapters discussing the domestication of indigenous fruit trees in Africa, Oceania, Latin America and Asia; and describes the biophysical and socio-economic aspects of Miombo fruit trees.

There has been growing academic interest in local food plants. This is a subject that lies at the frontiers of knowledge of various areas, such as environmental sciences, nutrition, public health, and humanities. To date, however, we do not have a book bringing these multi-disciplinary perspectives to bear on this complex field. This book presents the current state of knowledge on local Brazilian food plants through a multidisciplinary approach, including an overview of food plants in Brazil, as well as comprehensive nutritional data. It compiles basic theories on the interrelationship between biodiversity and food and nutrition security, as well as ethnobotanical knowledge of local Brazilian food plants. Additionally, this title provides various methods of learning and teaching the subject, including through social media, artificial intelligence, and through workshops, among others.

This book focuses on food security and safety issues in Africa, a continent presently challenged with malnutrition and food insecurity. The continuous increase in the human population of Africa will lead to higher food demands, and climate change has already affected food production in most parts of Africa, resulting in drought, reduced crop yields, and loss of livestock and income. For Africa to be food-secure, safe and nutritious food has to be available, well-distributed, and sufficient to meet people's food requirements. Contributors to Food Security and Safety: African Perspectives offer solutions to the lack of adequate safe and nutritious food in sub-Saharan Africa, as well as highlight the positive efforts being made to address this lack through a holistic approach. The book discusses the various methods used to enhance food security, such as food fortification, fermentation, genetic modification, and plant breeding for improved yield and resistance to diseases. Authors emphasize the importance of hygiene and food safety in food preparation and preservation, and address how the constraints of climate change could be overcome using smart crops. As a comprehensive reference text, Food Security and Safety: African Perspectives seeks to address challenges specific to the African continent while enhancing the global knowledge base around food security, food safety, and food production in an era of rapid climate change.

A How-to Guide for the Gardener

Wild Edible Underutilized Plants

Florida's Edible Wild Plants

Ethnobotany of India, 5-Volume Set

Issues in Food and Health: 2013 Edition

Food Security and Safety

All around us there are wild plants good for food, medicine, clothing, and shelter, but most of us don't know how to identify or use them. Delena Tull amply supplies that knowledge in this book, one of the first focused specifically on plants that grow in Texas and surrounding regions of the South and Southwest. 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 dying 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. An identification guide to 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.

Food composition data are useful throughout the food system for nutrition-sensitive agriculture, improved processing methods that ensure greater nutrient retention in foods, nutrition labelling, and to inform, educate and protect consumers through food-based dietary guidelines, nutrition education and communication, and legislation. The FAO/INFOODS Food Composition Table for Western Africa (WAFCT 2019) is an update of the West African Food Composition Table of 2012, which lacked some important components, foods and recipes. WAFCT 2019 contains almost three times as many food entries and double the number of components, with increased overall data quality. Many of the data points from WAFCT 2012 have been replaced with better data – mostly analytical data from Africa, with a special emphasis on Western Africa. These improvements are essential to understanding the nutrient composition of foods in the region and to promoting their appropriate use. WAFCT 2019 is the result of four years of collaboration among INFOODS network researchers in Africa and the Nutrition and Food Systems Division of FAO, and was developed as part of the International Dietary Data Expansion (INDDEx) Project, implemented by Tufts University ' s Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, with funding from the Bill & Melinda Gates Foundation. These new data from WAFCT 2019 will support further research towards an expanded and improved evidence base and will support better, more informed decisions and effective policies and programmes for improved nutrition in Africa.

“ This book is an excellent deep dive into California ’ s wild edibles, revealing a real affection for and intimate familiarity with our state ’ s flora. ” —Iso Rabins, founder of ForageSF California offers a veritable feast for foragers, and with Judith Larner Lowry as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in California Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in the Golden State.

Horticulturist and gardening columnist Heidi Bornhorst provides practical advice for growing 75 plants-33 of them new to this edition. A section on basic techniques includes growing plants from cuttings or seeds, air-layering, grafting, watering, xeriscaping, transplanting, fertilizing, pruning, and water gardening. Sections on ground covers, grasses and sedges, shrubs, vines, trees, and ferns explain the care and use of individual plants and describe each plant's importance in Hawaiian culture. Photos illustrate the features of the plants and their use in the landscape.

Functional Food Properties and Applications

Focus on Plant Secondary Metabolism and Plant Molecular Pharming

The Story of the Apple

Edible Medicinal and Non-Medicinal Plants

User Guide & Condensed Food Composition Table / Guide d ' utilisation & table de composition des aliments condens é e

Nutrition, Botany and Use

Medicinal Wild Plants of the Prairie

First published in 1991, Traditional Plant Foods of Canadian Indigenous Peoples details the nutritional properties, botanical characteristics and ethnic uses of a wide variety of traditional plant foods used by the Indigenous Peoples of Canada. Comprehensive and detailed, this volume explores both the technical use of plants and their cultural connections. It will be of interest to scholars from a variety of backgrounds, including Indigenous Peoples with their specific cultural worldviews; nutritionists and other health professionals who work with Indigenous Peoples and other rural people; other biologists, ethnologists, and organizations that address understanding of the resources of the natural world; and academic audiences from a variety of disciplines.

Exotic Fruits Reference Guide is the ultimate, most complete reference work on exotic fruits from around the world. The book focuses on exotic fruit origin, botanical aspects, cultivation and harvest, physiology and biochemistry, chemical composition and nutritional value, including phenolics and antioxidant compounds. This guide is in four-color and contains images of the fruits, in addition to their regional names and geographical locations. Harvest and post-harvest conservation, as well as the potential for industrialization, are also presented as a way of stimulating interest in consumption and large scale production. Covers exotic fruits found all over the world, described by a team of global contributors Provides quick and easy access to botanical information, biochemistry, fruit processing and nutritional value Features four-color images throughout for each fruit, along with its regional name and geographical location Serves as a useful reference for researchers, industrial practitioners and students

First Published in 1986. Routledge is an imprint of Taylor & Francis, an informa company. Humans have long been acute observers of their biological surroundings and have been involved in dynamic relationships with ambient flora and fauna since the development of the earliest medical systems and food-getting technologies. Human-plant interactions can, then, be viewed as one expression of a population's encounter with their environment and have been the subject of considerable interest in various disciplines which seek to understand how the use of plants affects patterns of health and disease. The aim of this volume is to promote a bio-behavioral focus for indigenous plant research.

Wild Edible Underutilized Plants explores the role of wild plants in human nutrition—a topic that continues to take precedence in various fields of research. Despite the increasing evidence on past and present nutritional roles of wild edible plants, the use of these resources is often overlooked and neglected in countless policy areas. This book emphasizes the importance of these plants and explores their relevance to sustainable agriculture, biodiversity, and public health in different agro-ecological regions. The book implements a conceptual approach to wild plants, focusing on the benefits of incorporating these plants into people’s diets and daily lives and the advantage they will provide to future generations. The book also addresses widespread issues of scarcity, proposing solutions that promote food sovereignty and security. The book begins by first discussing the nutritional aspects of wild edible plants to explore their value as a source of vitamins, antioxidants, fiber, minerals, and other nutrients. It then continues to elaborate on the anti-nutritional elements of these plants, providing a comprehensive overview of their utility.

Ethnobotany of India, Volume 4

Indigenous Fruit Trees in the Tropics

A Practical Guide

Distribution, Chronology, Society and Subsistence

Local Food Plants of Brazil

Debating Lapita

120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger

This is the second of a five-volume set. This series of volumes on the ethnobotany of different regions of India melds important knowledge in one place. India is one of the most important regions of the old world and has culturally rich and diverse knowledge systems. The expert authors have been selected to summarize information on the various aspects of ethnobotany of India, such as ethnoecology, traditional agriculture, cognitive ethnobotany, material sources, traditional pharmacognosy, ethnoconservation strategies, bioprospection of ethnodirected knowledge, and protection of ethnobotanical knowledge.

The book provides significant information on some of the promising edible medicinal plants and how these possess both nutritive as well as medicinal value. The significance of these edible plants in traditional medicine, their distribution in different regions and the importance of their chemical constituents are discussed systematically concerning the role of these plants in ethnomedicine in different regions of the world. The current volume focuses on the economic and culturally important medicinal uses of edible plants and a detailed survey of the literature on scientific researches of pharmacognostical characteristics, traditional uses, scientific validation, and phytochemical composition, and pharmacological activities. This book is a single-source scientific reference to explore the specific factors that contribute to these potential health benefits, as well as discussing

how to maximize those potential benefits. Chemists, food technologists, pharmacologists, phytochemists as well as all professionals involved with quality control and standardization will find in this book a valuable and updated basis for their work.

In today’s South, where fine gardening is a tradition, many homeowners and professional gardeners are discovering a vast “new” palette of plant materials—native plants. They are realizing that these native wildflowers, trees, shrubs, groundcovers, vines, and grasses are far better suited, and therefore easier to grow and maintain, than most of the imported plants that populate traditional landscapes. In this book, the authors offer an exciting vision of the many possibilities and advantages of “going native.” Lavishly illustrated with more than 250 gorgeous color photographs, this book is both an introduction to more than 200 of the most familiar and easiest-to-find native plants of the South and a basic primer on how to use them effectively.

This is a cookbook that focuses on gathering, preparing and cooking plants native to Florida.

Edible and Useful Plants of Texas and the Southwest

Growing Native Hawaiian Plants

Biodiversity and Its Significance

Wild Plants, Mushrooms and Nuts

A Plant's-Eye View of the World

California Foraging

Traditional Plant Foods of Canadian Indigenous Peoples

‘This volume is the most comprehensive review of Lapita research to date, tackling many of the lingering questions regarding origin and dispersal. Multidisciplinary in nature with a focus on summarising new findings, but also identifying important gaps that can help direct future research.’ – Professor Scott Fitzpatrick, Department of Anthropology, University of Oregon ‘This substantial volume offers a welcome update on the definition of the Lapita culture. It significantly refreshes the knowledge on this foundational archaeological culture of the Pacific Islands in providing new data on sites and assemblages, and new discussions of hypotheses previously proposed.’ – Dr Frédérique Valentin, Centre national de la recherche scientifique (CNRS), Paris This volume comprises 23 chapters that focus on the archaeology of Lapita, a cultural horizon associated with the founding populations who first colonised much of the south west Pacific some 3000 years ago. The Lapita culture has been most clearly defined by its distinctive dentate-stamped decorated pottery and the design system represented on it and on further incised pots. Modern research now encompasses a whole range of aspects associated with Lapita and this is reflected in this volume. The broad overlapping themes of the volume—Lapita distribution and chronology, society and subsistence—relate to research questions that have long been debated in relation to Lapita.

“Pollan shines a light on our own nature as well as on our implication in the natural world.” –The New York Times “A wry, informed pastoral.” –The New Yorker 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?

The book focuses on interesting topics in plant biotechnology and its applications. The first section covers a number of specific medicinal plants and their secondary metabolites using genetic and metabolic engineering. The pharmaceutical uses of these plant bioactive compounds and their applications in treating a variety of diseases including cancer, as well as recent works on in silico and bioinformatic analysis are described. The second section deals with innovative plant molecular pharming approaches and reviews the potential for using various plant host systems to design and produce effective new drugs to treat different illnesses and diseases such as HIV, infectious diseases, and other human and livestock diseases.

This new 5-volume set, Ethnobotany of India, provides an informative overview of human-plant interrelationships in India, focusing on the regional plants and their medicinal properties and uses. Each volume focuses on a different significant region of India, including Volume 1: Eastern Ghats and Deccan Volume 2: Western Ghats and West Coast of Peninsular India Volume 3: North-East India and Andaman and Nicobar Islands Volume 4: Western and Central Himalaya Volume 5: The Indo-Gangetic Region and Central India With chapters written by experts in the field, the book provides comprehensive information on the tribals (the indigenous populations of the region) and knowledge on plants that grow around them. Each volume includes an introductory chapter with an overview of the region and then goes on to cover ethnic diversity and culture of the ethnic tribes plants used for healing and medical purposes for humans and animals ethnic food plants and ethnic food preparation specific information on the ethnomedicinal plants, the parts used, and the diseases cured other uses of plants by the ethnic tribes, such as for fiber, dyes, flavor, and recreation conservation, documentation, and management efforts of the ethnic communities and their plant knowledge The books include the details of the plants used, their scientific names, the parts used, and how the plants are used, providing the what, how, and why of plant usage. The volumes are well illustrated with over 100 color and 130 b/w illustrations. Together, the five volumes in the Ethnobotany of India series bring together the available ethnobotanical knowledge of India in one place. India is one of the most important regions of the old world, and its ancient and culturally rich and diverse knowledge of ethnobotany will be valuable to many in the fields of botany and plant sciences, pharmacognosy and pharmacology, nutraceuticals, and others. The books also consider the threat to plant biodiversity imposed by environmental degradation, which impacts cultural diversity.

Western Ghats and West Coast of Peninsular India

Nutritional, Antinutritional, and Nutraceutical Aspects

A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes

The Botany of Desire

An Ethnobotanical Guide

120 Wild and Flavorful Edibles from Angelica to Wild Plums

Domestication, Utilization and Commercialization

An illustrated handbook describes the most common edible plants, their range, uses as food, and suggested methods of cooking.

“This is the ultimate guide, and Chris is the undisputed heavyweight champion of foraging in the South.” —Sean Brock, author of Heritage and chef of McCrady’s, Minero, and Husk The Southeast offers a veritable feast for foragers, and with Chris Bennett as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Southeast Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Alabama, Arkansas, Florida, Georgia, Maryland, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia.

This book highlights the medical importance of and increasing global interest in herbal medicines, herbal health products, herbal pharmaceuticals, nutraceuticals, food supplements, herbal cosmetics, etc. It also addresses various issues that are hampering the advancement of Indian herbal medicine around the globe; these include quality concerns and quality control, pharmacovigilance, scientific investigation and validation, IPR and biopiracy, and the challenge that various indigenous systems of medicine are at risk of being lost. The book also explores the role of traditional medicine in providing new functional leads and modern approaches that can offer elegant strategies for facilitating the drug discovery process. The book also provides in-depth information on various traditional medicinal systems in India and discusses their medical importance. India has a very long history of safely using many herbal drugs. Folk medicine is also a key source of medical knowledge and plays a vital role in maintaining health in rural and remote areas. Despite its importance, this form of medicine largely remains under-investigated. Out of all the traditional medicinal systems used worldwide, Indian traditional medicine holds a unique position, as it has continued to deliver healthcare throughout the Asian subcontinent since ancient times. In addition, traditional medicine has been used to derive advanced techniques and investigate many modern drugs. Given the scope of its coverage, the book offers a valuable resource for scientists and researchers exploring traditional and herbal medicine, as well as graduate students in courses on traditional medicine, herbal medicine and pharmacy.

This multi-compendium is a comprehensive, illustrated and scientifically up-to-date work covering more than a thousand species of edible medicinal and non-medicinal plants. This work will be of significant interest to scientists, researchers, medical practitioners, pharmacologists, ethnobotanists, horticulturists, food nutritionists, agriculturists, botanists, herbalogists, conservationists, teachers, lecturers, students and the general public. Topics covered include: taxonomy (botanical name and synonyms); common English and vernacular names; origin and distribution; agro-ecological requirements; edible plant part and uses; botany; nutritive and medicinal/pharmacological properties, medicinal uses and current research findings; non-edible uses; and selected/cited references. Each volume covers about a hundred species arranged according to families and species. Each volume has separate scientific and common names indices and separate scientific and medical glossaries.

Wild Edibles

Volume 1, Fruits

Wild Fruits: Composition, Nutritional Value and Products

A Field Guide to Edible Wild Plants of Eastern and Central North America

The Food Security, Biodiversity, and Climate Nexus

How Indians Use Wild Plants for Food, Medicine & Crafts

Edible and Useful Wild Plants of the United States and Canada

****An Amazon Editors’ Pick – Best Cookbooks, Food & Wine****
“Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes has taught me that my backyard is full of free food! Way to go, Sergei.”—John Mackey, CEO of Whole Foods Market In this field guide to foraging wild edible plants, Sergei Boutenko explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes. Sergei Boutenko has been gathering wild plants since he was 13, when, early on in a 6-month hike from Mexico to Canada, he and his raw-food family ran out of provisions and turned to foraging for survival in the wild. Back in civilization, Boutenko was dismayed by the inferior quality of store-bought food and industrial agriculture, and began to regularly collect wild plants near his home and on his travels. Now, in Wild Edibles, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants. The book outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocol, gathering etiquette, and conservation. Boutenko explores in detail the many rewards of eating wild flora: environmental protection, sustainability, saving money, economic self-sufficiency, and healthy living. He draws on thoroughly researched nutrition science to make a compelling case for the health benefits of a diverse, local-food diet that includes wild greens. The majority of the 60 edible plants described in this field guide can be found worldwide, including common-growing trees. Over 300 color photos make plant identification easy and safe. A chapter containing 67 high-nutrient vegan recipes—including green smoothies, salads and salad dressings, spreads and crackers, main courses, juices, and sweets—provides inspiration to join Sergei on the trail to radiant health.

Ethnobotany of India: Volume 4: Western and Central Himalayas is the 4th volume of the 5-volume set, an informative book series on the ethnobotanical aspects of India. The books cover different regions, including Volume 1: Eastern Ghats and Deccan Volume 2: Western Ghats and West Coast of Peninsular India Volume 3: North-East India and Andaman and Nicobar Islands Volume 4: Western and Central Himalayas Volume 5: The Indo-Gangetic Region Each volume looks at the important ethnic plants of the specific region. Volume 4 covers the Western and Central Himalayas, the well-known mountain range on the Indian subcontinent. The unique flora and fauna of the Himalayas are varied, affected by climate, rainfall, altitude, and soils, and are vulnerable to impacts from climate change. The editors espouse that because indigenous non-Western societies form the vast majority of people now as well as in the past, a study of their plant interrelationships is necessary, and India is one of the most important regions of the old world for its ancient and culturally rich and diverse knowledge of ethnobotany. With this in mind, these volumes share a great deal of information that will be valuable to plant botanists and others working in and interested in ethnobotany. This important volume covers the ethnobotanical aspects of many plants of the region. It looks at ethnic diversity of people ethnic food plants and food preparation ethnomedical aspects of plants psychedelic plants and their possible link to soma, a vedic ritual drink whose plant origins are a mystery ethnoveterinary medicinal plants ethno-conservation practices biodiversity heritage sites The volume includes the details of the plants used, their scientific names, the parts used, and how the plants are used, providing the what, how, and why of plant usage. The book is well illustrated with 20 color and 67 b/w illustrations. Together, the five volumes in the Ethnobotany of India series presents the available ethnobotanical knowledge of India in one place. India’s ancient and culturally rich and diverse information and use of ethnobotany will be valuable to those in the fields of botany and plant sciences, pharmacognosy and pharmacology, nutraceuticals, and others. The books also consider the threat to plant biodiversity imposed by environmental degradation, which impacts cultural diversity.

“Learn the natural ways of the Chippewa Indians with this great book from Dover.” — Texas Kitchen and Garden and More The uses of plants — for food, for medicine, for arts, crafts, and dyeing — among the Chippewa Indians of Minnesota and Wisconsin show the great extent to which they understood and utilized natural resources. In this book those traditions are captured, providing a wealth of new material for those interested in natural food, natural cures, and native crafts. In separate sections describing the major areas of use, Miss Densmore, an ethnologist with the Smithsonian Institution, details the uses of nearly 200 plants with emphasis on wild plants and lesser-known uses. For those interested in natural foods she gives extensive coverage to the gathering and preparation of maple sugar and wild rice, as well as preparations for beverages from leaves and twigs of common plants, seasonings including mint and bearberry, the methods of preparing wild rice and corn, cultivated and wild vegetables, and wild fruits and berries. On Indian medicines she tells the basic methods of gathering plants and the basic surgical and medical methods. Then she gives a complete list of the plants with their botanical names, uses, parts used, preparation and administration, and other notes and references. Also covered are plants used as charms, plants used in natural dyes, and plants in the useful and decorative arts including uses for household items, toys, mats, twine, baskets, bows, and tools, with special emphasis on the uses of birch bark and cedar. This section will be especially useful for supplying new and unusual craft ideas. In addition, 36 plates show the many stages of plant gathering and preparation and many of the artistic uses. While a number of the plants discussed are native only to the Great Lakes region, many are found throughout a wide range. Those studying the Indians of the Great Lakes region, or those trying to get back to nature through understanding and using natural materials, will find much about the use of plants in all areas of community life. Because of Miss Densmore’s deep knowledge and clear presentation, her study remains a rich and useful source for learning about or using native foods, native cures, and native crafts.

“This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers.” —Edible Chicago The Midwest offers a veritable feast for foragers, and with Lisa Rose as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Midwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Illinois, Indiana, Iowa, Minnesota, Michigan, Missouri, Nebraska, Ohio, South Dakota, and North Dakota.

FAO/INFOODS Food Composition Table for Western Africa (2019) / Table de composition des aliments FAO/INFOODS pour l’Afrique de l’Ouest (2019)

Indigenous Knowledge, Practice, Innovation and its Value

Southeast Foraging

Wild Edibles of Missouri

A Guide to Collecting and Cooking

Edible Wild Plants of the Prairie

Neglected Leafy Green Vegetables Crops in Africa

This volume is the outcome of an international cooperation between 73 scientists, experts, and practitioners from many countries, disciplines, and professional areas. As a part of a series of CERES publications, the volume attempts to contribute to the scientific debate about the food–biodiversity–climate nexus by developing a comprehensive region–specific and broader global understanding of the linkages between these areas, especially in the context of Global South. Instead of providing only modern science–based solutions for the nexus related challenges, the volume covers case studies that present mixed solutions, offering the use of traditional ecological knowledge in combination with modern science for both resilience and sustainability. This is increasingly instrumental in shaping the needed response options regarding the economic, social, and environmental future of the world. Based on a multi–regional and cross–sectoral analysis, the approach consists of: assessing the different natural and anthropogenic factors currently affecting ecosystems and their services, especially the impacts of climate change; highlighting the different linkages between the state of biodiversity and food systems in many contexts and scales; and exploring the various response mechanisms to effectively manage the implications of such linkages. Most chapters provide inputs for future relevant research and policy agendas.

This work discusses beverage plants, vegetable substitutes for soap, medicinal plants, and those that can be used as fibers, dyes, smoking material, adhesives, and candles. "Secure a copy of this very enlightening book." – St. Petersburg Independent.