



## Stalking the Healthful Herbs

*Euell Gibbons*

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## **Stalking the Healthful Herbs** Euell Gibbons

Here Euell Gibbons shows the reader how to enjoy the culinary and medicinal virtues of herbs and wild plants. Drawn from the author's wide knowledge of plants as well as from the lore of native Americans and early settlers, the information is supplemented by nutritionists at Pennsylvania State University who worked with Gibbons on analysis of the entries.

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