

Common Edible and Useful Plants of the West book reviews

1. "How the Indians, pioneers and early Spanish-Americans used many of the common wild plants of the West for food, health tonics, building shelters, and making artifacts is described in this book. Written in easy-to-understand language and illustrated with black and white detailed drawings of the plants, it also includes interesting facts about the forgotten lore of many of the plants. The plants are arranged in five categories for identification: water plants and ferns and their allies, trees, shrubs, herbs, and vines. Description of the color of the plants also helps in identification, along with geographical location and habitats. The author has also identified poisonous plants and describes in detail how to avoid them. She has been collecting and identifying plants many years and is considered an authority on the subject." (*Desert Magazine*, February 1972)
2. "If you want to know how the Indians, the pioneers, and early Spanish-Americans used many common wild plants of the West for food, and as health tonics, or in other ways to help bring back and preserve health, this is the book for you....If you are a scout on a survival hike or are lost in the wilderness without civilized food, the knowledge in this book may be absolutely vital to you." (*The Southern California Rancher*, Sept-Oct. 1970)
3. "One hundred and sixteen entries of plants are grouped as water plants, ferns and their allies; vines; trees; shrubs; and herbs. For each plant the common name, binominal (for some, only the genus) and family, with some exceptions, are given. The accompanying illustrations show the identifying features and there are designations of habitat type and distribution by state. The text offers further description and the use to which the plants have been put, principally by Indians. Poisonous plants are indicated. Since the illustrations are not in color there is a color guide to the flowers, fruits and seeds of the angiosperms. Several references to useful wild plants are given and there are separate indexes to plants and foods. (C. Malisheski, *Biological Abstracts*, Feb. 15, 1966)
4. "For the price, this is a good introduction to edibles of the western U.S. Look up a favorite weed and learn of its uses by native American peoples. Surprisingly, this little book covers a wider variety of Indian food plants than *How Indians Use Wild Plants for Food, Medicine and Crafts* (Dover 1974)." (*The CoEvolution Quarterly*, Fall 1977)