



## Medicinal Plants of the Pacific West

*Michael Moore , Mimi Kamp (Illustrator)*

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**Medicinal Plants of the Pacific West** Michael Moore , Mimi Kamp (Illustrator)

A guide to over 300 species of plants geographically ranging from Baja California to Alaska.

## Medicinal Plants of the Pacific West Details

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Author : Michael Moore , Mimi Kamp (Illustrator)

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## **From Reader Review Medicinal Plants of the Pacific West for online ebook**

### **Missy says**

If you're interested in medicinal herbs, ethnobotany, or even plain ol' save-the-forest-ness, /and/ you're in the Northwest, your bookshelf isn't complete without this guide. Sure, it's got plenty of plants that I won't use unless we see armageddon -- or near-complete habitat restoration -- in my lifetime. But Michael's information is solid; it's backed by Mimi's amazing illustrations; and you can read it like a bedtime storybook, over and over, 'til the info sinks in. Er, IF you're a plant geek, that is.

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### **Julia says**

Love this book. It's my woodlands bible and I take it with me everywhere.

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### **Cheryl Clearwater says**

hilarious and incredibly informative.

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### **Kelda says**

The other Michael Moore! and just as funny for plant nerds! I wish other plant books went into as much scientific detail as this guy does, or that he covered more puget sound natives. Alas. I love it.

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### **Aaron says**

The best book I've encountered for learning how to process medicinal plants and their uses applicable to the west coast.

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### **Maren says**

A fantastic reference. I continually pick up this book as a quick source for botanical identification and uses. Moore's a sassy herbalist with a great sense of breakin down medicinal plants for the layperson. Being that the Pacific West is a new-ish ecosystem to me, I really find this book helpful.

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### **Megan says**

A great guide of plant monographs with clear illustrations dappled with Moore's humour. Lists when and where to harvest, plant characteristics, preparations, actions, uses etc. More on the lines of tinctures, salves and teas as far as preparation of plants. This could also be a good beginner's guide if spending time/living in the Pacific West of the US.

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### **Debbie Tremel says**

This is my favorite medicinal plant book. It has much more detail than any other book I've used, from when to harvest, to which parts are used for what, making medicinals and how to administer. And it also obviously written from experience, not just folk lore or hearsay. This is a book I trust.

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### **Javier says**

I really appreciate that at the end of the day, this is a forager's book of herbalism. If you prefer to buy your herbs from an apothecary, this isn't really the book for you. If you consider your practice if herbalism as a long-term, mutually beneficial relationship with a group of plants, this is a text you will return to again and again. In this book I have found a trusted companion and mentor, as well as new applications for plants I have been working with (or passing by!) for years. Highly recommended.

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### **Chris Harrod says**

Great book

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### **Summer Bock, Holistic Nutrition & Herbs says**

One of the standard reference books for the herbalists' library.

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### **Amanda says**

I like the book, though I am slightly disappointed that there are errors. On the colored photo section, right before page 25, they mixed up the labels of Yerba Del Lobo and Yerba Santa.

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### **Nathan Waldren says**

Not THAT Michael Moore.

This is a gem of a field guide, full to the brim with ethnobotanical detail.

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### **William Sullivan says**

A compendius but very readable guide that answers the question, "What can I use that plant for?" This question is not quite as popular as "Can I eat that plant?", and is more controversial, because many of the medical uses are anecdotal, but it's still very interesting.

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### **Linda says**

Since I moved to the West Coast in 1999, I've had to learn a whole new world of horticulture from what I had known in Texas and Arkansas. I love to grow all sorts of perennials, but like to include medicinal ones of all kinds, not just pretty ones. Of course, lavender is one of my favorite plants, so I have several kinds, plus mint, foxglove, ferns, rosemary, thyme, callendula, campanella, roses, sage, lemon balm, and many more. I continuously add more each year. In some cases, I use them for teas or seasonings. In other cases, I just love the plants. This book has been a great help in planning and nurturing the large gardens I have been developing over the past six years in southern Oregon. There is always something useful to learn from this book.

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