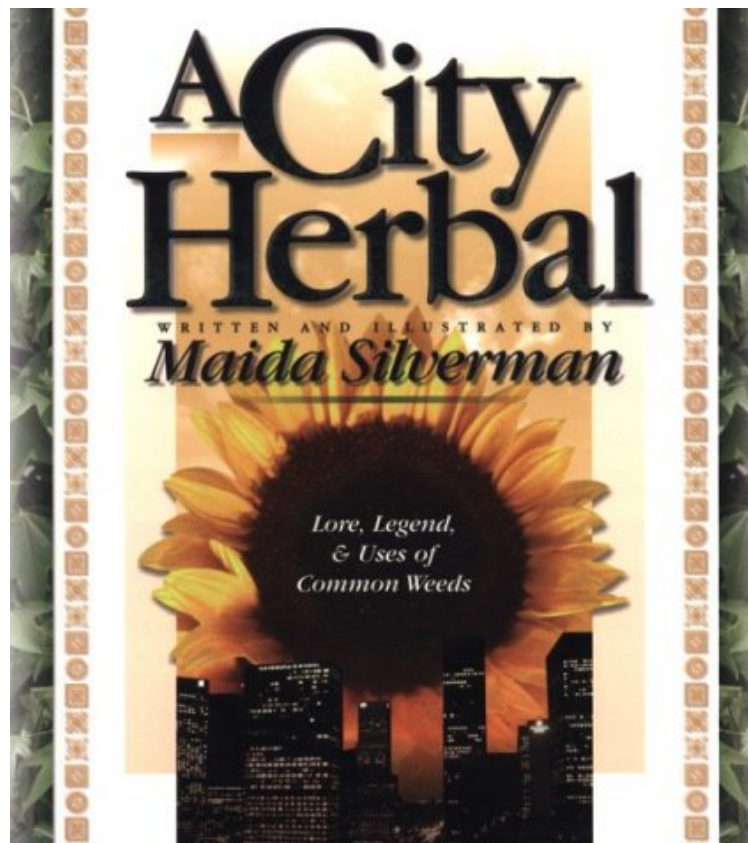


(Download pdf) A City Herbal: A Guide to the Lore, Legend, and Usefulness of 34 Plants That Grow Wild in the Cities, Suburbs and Country Places

A City Herbal: A Guide to the Lore, Legend, and Usefulness of 34 Plants That Grow Wild in the Cities, Suburbs and Country Places

Maida Silverman

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Maida Silverman : A City Herbal: A Guide to the Lore, Legend, and Usefulness of 34 Plants That Grow Wild in the Cities, Suburbs and Country Places before purchasing it in order to gauge whether or not it would be worth my time, and all praised A City Herbal: A Guide to the Lore, Legend, and Usefulness of 34 Plants That Grow Wild in the Cities, Suburbs and Country Places:

0 of 0 people found the following review helpful. Great starting point for those interested in plant lore. By Customer This book is exactly what I wanted, it covers a nice range of plants, and gives a decent chunk of lore and history about each. The illustrations are clear, and the balance of Silverman's personal experience with historical use is just right. I love the insight into how people have related to these herbs over time! 2 of 2 people found the following review helpful. Information that was in this book was gotten from books as the internet wasn't at the time of this writing. By P. Heitkamp Silverman had done a lot of research to create this book. Most of this information can now be gotten from internet research but not so for Silverman. Her Bibliography was worth its weight in gold. 7 of 7 people found the following review helpful. Wow, what you can find in the city when you really look! By Deborah V Reading

books about common weeds and their purposes has always fascinated me from the time I picked up *Stalking The Wild Asparagus*. Each city weed description contains the folk names, the probable locations (roadsides, vacant lots, grassy strips etc), the botanical description, historical lore and suggested uses. Each weed is described well. However, if you are not familiar with the weeds involved, the hand drawn pictures of the weed may not be enough to identify the weed described. One of the reasons I got this out of the library was when I opened it, it opened at Ground Ivy--my garden's perpetual enemy. I found it can be used as a "soothing beverage for colds, coughs, and irritated throats." The book explains how to make a tea from this Vitamin C rich weed. Unfortunately I have enough Ground Ivy to steep in a tea for the entire town! However, I can also do a facial wash for chapped or sunburned skin and I have so much ivy that I should be able to give myself facial washes three times a day and not run out! Another example of a well known weed, Queen Ann's Lace suggests they be used for an indoor plant (dig up the entire plant and replant indoors), brown seed heads can make a tea or a seasoning, and the plant dried can be used for flower arrangements. This is a fun read even if you don't take advantage of the weeds that surround you in the city!

The wild plants of the city are potent herbal medicines and nutritious wild edibles, as well as sources of comfort, fiber, and dyes. Lore, legends, and uses are described lyrically.

From Publishers Weekly" Here is a treasure for city dwellers who have been missing abundant pleasures free for the finding. Silverman is articulate and affectionate as she tells of the great variety of beautiful and valuable plants--bittersweet to yarrow--which grow wild in urban areas. This is a book to lift the heart, even if approached from a purely practical standpoint," commended PW. Copyright 1990 Reed Business Information, Inc. About the Author Maida Silverman was born and has spent her life in New York City. The fantasy of a garden of her own, overrun with fruit trees, nut trees, flowers, berries, vegetables, and herbs has not yet come to pass. Because of this she turned her attention to wild plants that grow in the city and found them rewarding and engrossing. She graduated from Pratt Institute in 1962. In addition to being an illustrator, she is a craftswoman whose major field is stitchery. She often spins her own yarns and dyes them, using vegetable dyes derived from some of the plants described in *A City Herbal*. Her illustrations include those from *The Poetry of Chaim Nachman Bialik* (published by the Union of American Hebrew Congregations), which was voted one of the Fifty Best Books of the Year by the American Institute of Graphic Arts in 1973. Her stitchery projects and writings on the use of herbs and wild plants have appeared in *Family Circle* and *Seventeen* magazines.