

Medicinal Herb Gardening: 10 Plants for the Self-Reliant Homestead Prepper (SHTF) (Volume 2)

Jill b., Jill Bong

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Jill b., Jill Bong : Medicinal Herb Gardening: 10 Plants for the Self-Reliant Homestead Prepper (SHTF) (Volume 2) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Medicinal Herb Gardening: 10 Plants for the Self-Reliant Homestead Prepper (SHTF) (Volume 2):

7 of 7 people found the following review helpful. A good starter guide By JakeIt's clear Jill b. has spent quite a bit of

time researching these plants and distilling the information from several sources and her own experience into this no-fluff guide. The ten plants listed are valuable in that they each have many functions and are easy to grow. This book is also great in that it covers how to grow (and propagate) the plants, how to harvest them, how to process them into treatments for various maladies, gives a few specific recipes for each plant, and includes cautions about using them. There were a few minor areas where the book left me wanting, however. First, there are no pictures of the plants or any of the preparations, which made this book a little drier than the plant-related eBooks I'm used to reading. It's not a huge deal since the plants are all quite common and the book is about cultivating the plants, rather than identifying them in the wild (though many of them likely grow wild in your area, too). But photographs would have been a nice addition. Second, and maybe I'm more sensitive to this than other readers, but I would have liked to see specific references for some of the claims being made. Jill b. draws heavily from 'Herb Syllabus Master Herbalist Guide' by John Christopher and 'Rosemary Gladstar's Family Herbal' by Rosemary Gladstar, but also includes many phrases like 'according to a study by...' and 'according to researchers...' It would have been nice to have the actual citations for those studies in the bibliography so research nerds like me can follow up on the original references. Third, this book, like most other herbal remedy books, is organized by plant. But it would be nice to have an appendix with the plants organized by ailment so that when I'm looking to cure a specific condition, I don't have to read the whole book to remember that peppermint and sage might prevent flatulence (hypothetically, I mean...). Similarly, it would be nice to have a glossary to remind me how to make a poultice, tincture, tisane, etc. These also aren't a big deal if the electronic version is searchable, but an appendix might save readers a little time, especially if linked to specific recipes. But overall, I liked this book a lot. I learned quite a few things (I can put sage in my toothpaste?!), I'm definitely going to put some of these recipes to use, and I'm glad that I now have a copy in my e-library (note: I received said copy for free in exchange for an honest review).

5 of 5 people found the following review helpful. Perfect for the prepper and/or homesteader

By Homesteader From homemade pepper spray to herbal remedies and compost teas, this book has it all. I particularly enjoyed the way the author focused in on ten high quality plants rather than trying to include every potential medicinal species known to man. I often get lost in guides to edible and medicinal species because I don't know which ones are worth trying and which ones are just maybe worthy of using in a survival situation. Jill B. cuts through the vast array of information to focus on a double handful of plants --- cayenne peppers, comfrey, elderberry, garlic, marshmallow, peppermint, red raspberry, sage, stinging nettle, and yarrow --- that will definitely make the cut. Then she expands out to growing, harvesting, and preparing those plants to keep your own medicinal pantry alive throughout the year. My only reservation --- you might prefer to have this book on paper! Otherwise, it's a great deal for prepper, homesteader, and interested layman alike.

1 of 1 people found the following review helpful. Great book for learning about the best medicinal herbs to raise and use in your garden

By David Hale Medicinal Herb Gardening, 10 Plants for the Self-Reliant Homestead Prepper, by Jill B. is an excellent resource for anyone that wants to take a more natural approach to their health. This isn't a field guide for identifying plants, rather Jill covers what are likely the 10 best plants to try growing and harvesting in your own garden. As she suggests, some, like peppermint, are invasive and should be planted either in a pot or in an enclosed area so that it doesn't spread out of control. Stinging Nettle isn't one that people normally think of as medicinal nor would you want to grow right in your garden, but she explains how to harvest it, what the benefits are, and how to safely use it. I have several of these same plants growing in my own garden and found several more mentioned that I want to start growing. Jill has great ideas for how to be successful growing and using these herbs, including many recipes. The one precaution that I would have liked to see in this book is regarding yarrow. People growing this from seed purchased from a reputable source won't have an issue but wild collected yarrow has the risk of being a poisonous look-alike. Wild carrot, water hemlock, and Queen Anne's lace all look similar to yarrow. Despite this minor issue, I think that this book is a great value for helping you get started on growing and using natural herbs for your good health.

What would you do if you're suffering from gangrene and help is NOT on the way? What natural remedy can you grow to help to stop bleeding or help to arrest heart attacks? This book answers these questions and more! Ten carefully curated herbal plants have been chosen not only for their medicinal properties but also for their edibility and utilitarian uses -- all important traits for when SHTF and we experience TEOTWAWKI (the end of the world as we know it). Selected for their relative ease of cultivation throughout the Continental US, most homesteaders/preppers should be able to grow these plants in their backyards. Wait no longer! Order this book today and take your prepping/homesteading to the next level!

"Medicinal Herb Gardening is an important addition to the library of anyone living or hoping to live self sufficiently. The book is clearly written, easy to understand, cites authorities and provides links to sources for herbs. Uses, history, recipes, cultivation give thorough understanding of and uses for each herb. I'm impressed." - S. Jones, Advanced Reader About the Author Home Grown * Home Made * Home Business * HOMESTEAD Get free e-books at <http://byjillb.com> Jill Bong writes under the pen name Jill b. She is an author, entrepreneur, homesteader and is the co-inventor and co-founder of Chicken Armor (<http://chickenarmor.com>), an affordable, low maintenance chicken saddle.

She has also written over a dozen homesteading and home business books. With a no-nonsense style, Jill draws from her own experiences and mistakes, and writes books focusing on maximizing output with minimal input to save you time and money. Jill has been mentioned/quoted in various publications including The Associated Press, The New York Times, The Denver Post and ABC News. She has written for various magazines including Countryside and Small Stock Journal, Molly Green, Farm Show Magazine and Backyard Poultry Magazine. She holds an Engineering degree from an Ivy League from a previous life. At its height, her homestead included over 100 chickens, geese and ducks, as well as cats, a dog, bees and a donkey named Elvis. She currently lives on her homestead in rural Oregon. Learn more by visiting her site <http://byjillb.com>.