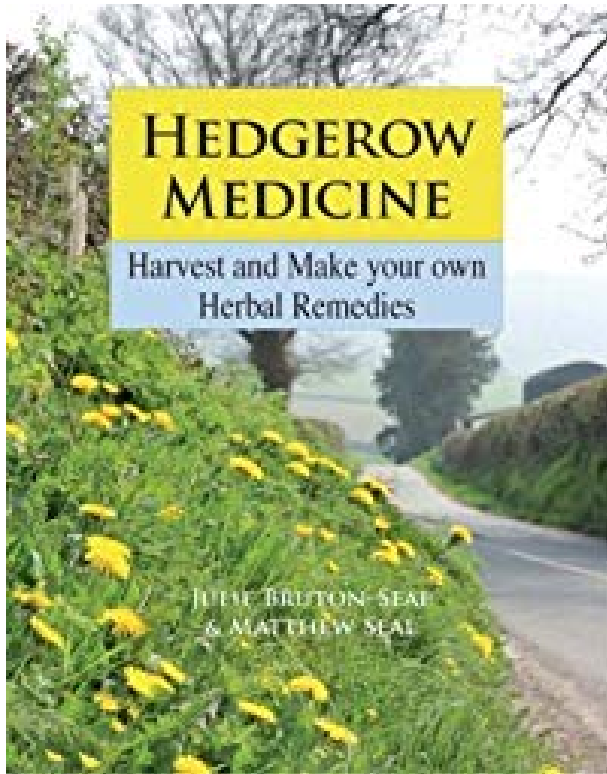


# Hedgerow Medicine: Harvest and Make Your Own Herbal Remedies



<b>Author:</b>	Julie Bruton-Seal, Matthew Seal
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[Hedgerow Medicine: Harvest and Make Your Own Herbal Remedies.epub](#)

By using local wild plants and herbs, this book aims to improve health the natural way. The authors provide clear instructions about which plants to harvest, when, and over 120 recipes showing how to make them into teas, vinegars, oils, creams, pillows, poultices or alcohol-based tinctures.