

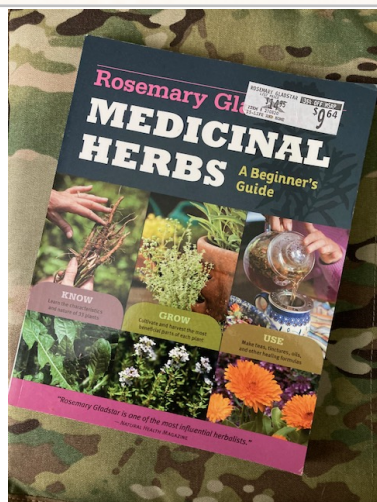
KNOWLEDGE GEAR

KNOWLEDGE IS THE LIGHTEST GEAR YOU CAN CARRY.
LEARN IT. APPLY IT. RETAIN IT.



ITEM TITLE: Medicinal Herbs

DATE REVIEWED: 9/20/26



TYPE: Book

Book • Manual • Certification • Course • Map • Guide • Reference • Software • Other

AUTHOR / CREATOR: RoseMary Gladstar

PUBLISHER / PROVIDER: Storey Publishing LLC.

FORMAT: Print

Print • Digital • Online • Map • Other

PAGES / DURATION: 224

EDITION / VERSION: First

DATE PUBLISHED / RELEASED: 4/10/12

SKILL LEVEL: Intermediate

Beginner • Intermediate • Advanced • Expert

WHERE TO GET IT (Website, Store, or Link): www.amazon.com

COST: \$9.97

ISBN #: 978-1612120058

DESCRIPTION

Rosemary Gladstar introduces 33 medicinal plants and explains practical ways to grow, harvest, prepare, and use them. The book covers common herbal preparations like teas, tinctures, creams, and other home remedies, making it an accessible reference for someone beginning in herbal medicine.

KEY TAKEAWAYS

Many useful medicinal plants can be grown locally and prepared inexpensively using relatively simple methods.

WHY IT MATTERS

Medicinal-plant knowledge adds another layer of self-reliance when conventional products or medical resources are difficult to obtain. This book provides a practical starting point for recognizing useful herbs and learning how they can be grown, harvested, and prepared at home.

WHO CAN BENEFIT (Check all that apply)

- | | | |
|---|--|--|
| ☒ Preppers | ☒ Hunters & Anglers | ☒ CERT Volunteers |
| ☒ Survivalists | ☒ Travelers | ☒ Search & Rescue Personnel |
| ☒ Homesteaders | ☒ Students | ☒ Off-Grid Living |
| ☒ Small Groups | ☒ Parents & Families | ☒ Remote Workers / Expeditions |
| ☒ Campers & Hikers | ☒ First Responders | ☒ Medical Professionals |
| ☒ General Reference | | |

MY RATING (Circle One)

D	C	CC	CCC	B	BB	BBB	A	AA	AAA
AVOID	POOR	OUTDATED	LIMITED VALUE	NICHE	SITUATIONAL	USEFUL	RECOMMENDED	HIGHLY RECOMMENDED	ESSENTIAL
Do not recommend. Lowest value.	Very poor quality. Major issues.	Outdated or unreliable. Not useful.	Very limited usefulness.	Niche value. Specialized situations only.	Useful in some situations. Moderate value.	Good resource. Worth having for most people.	Very good quality. Highly recommended.	Excellent resource. Very valuable.	Essential resource. Top quality. Don't be without it.
☐	☐	☐	☐	☐	☐	☐	☐	☒	☐

Would I recommend it?

☒ YES

☐ MAYBE

☐ NO

REVIEWER: Sgt. Silverman

Independent review. This is an unpaid assessment.

DATE: 6/21/26