KNOWLEDGE GEAR

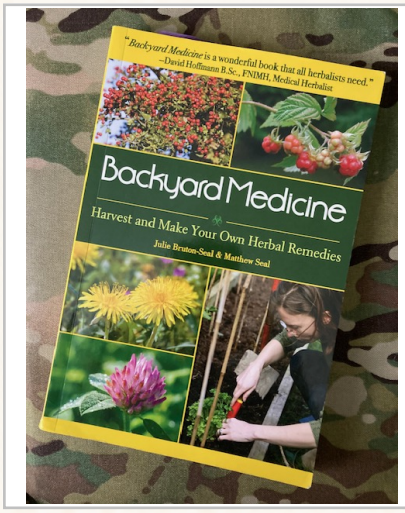
KNOWLEDGE IS THE LIGHTEST GEAR YOU CAN CARRY.

LEARN IT. APPLY IT. RETAIN IT.



ITEM TITLE: BACKYARD MEDICINE

DATE REVIEWED: 10/28/26



TYPE: Book

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

AUTHOR / CREATOR: Julie Bruton-Seal & Matthew Seal

PUBLISHER / PROVIDER: Skyhorse Publishing

FORMAT: Print

Print • Digital • Online • Map • Other

PAGES / DURATION: 224 pages

EDITION / VERSION: 1st edition

DATE PUBLISHED / RELEASED: 1/1/09

SKILL LEVEL: Intermediate

Beginner • Intermediate • Advanced • Expert

WHERE TO GET IT (Website, Store, or Link): Skyhorse Publishing, bookstores, used-book retailers

COST: $16.99

ISBN #: # 9781602397019

DESCRIPTION

Backyard Medicine explores the identification, harvesting, and traditional medicinal uses of common wild plants through detailed photographs, plant descriptions, and more than 120 herbal remedy recipes.

WHY IT MATTERS

Recognizing useful plants before an emergency builds valuable botanical knowledge. This book encourages hands-on learning, responsible harvesting, and an understanding of traditional herbal practices while serving as a supplemental reference, not a replacement for modern medical treatment.

KEY TAKEAWAYS

- Identify common medicinal plants.
- Learn harvesting and preparation techniques.
- Explore 120+ herbal remedies.
- Build practical plant-identification skills.
- Verify safety, risks, and interactions.

WHO CAN BENEFIT (Check all that apply)

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

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AVOID	POOR	OUTDATED	LIMITED VALUE	NICHE	SITUATIONAL	USEFUL	RECOMMENDED	HIGHLY RECOMMENDED	ESSENTIAL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	Outdated or unreliable.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?

- [x] YES
- [ ] MAYBE
- [ ] NO

REVIEWER: Sgt. Silverman | Independent review. This is an unpaid assessment. | **DATE:** 10/28/26