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Titolo	The Tree Dispensary : Native Trees (Vol. 1)
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Nota di contenuto	Intro -- Title Page -- Copyright Page -- Contents -- Dedication and Acknowledgements -- Foreword -- Introduction -- Spring -- Ash -- Beech -- Birch -- Blackthorn -- Elderflower -- Hawthorn -- Horse chestnut -- Quince -- Rosemary -- Willow -- Summer -- Barberry -- Black Mulberry -- Elderberry -- Fig -- Limeflower -- Oak -- Walnut -- Autumn -- Crab Apple -- Cramp Bark -- Medlar -- Pear -- Rowan -- Sea Buckthorn -- Sweet Chestnut -- Winter -- Bay -- Hazel -- Holly -- Ivy -- Juniper -- Scots Pine -- Bibliography -- Biography for Christina Stapley -- Index -- Back Cover.
Sommario/riassunto	An exploration of the history, folklore and medicinal uses of thirty Native European trees. In this beautifully illustrated book, which uses the author's own photographs, Christina Stapley provides a thorough and deep appreciation of trees as she has experienced them through everyday life, as a herb historian and practising herbalist. Categorized into seasons, each of the thirty tree chapters covers cultivation, cookery, foraging, crafts, history, botany, medicinal use and mythology. Original herbals are used as source material for the historical section, allowing voices from the past to speak for themselves. A 'Herbalists Reference' for each tree includes medicinal uses, dosage and constituents and reflects the author's own extensive experience of using these wonderful tree remedies. Never again will a tincture or dried herb of tree origin be simply a name on a label and a list of

constituents, actions and indications. This book encourages herbalists to expand their horizons from what grows around their feet, to the bounty that grows above as well. As you read this book, you will also feel a stronger connection to the trees and wish to explore, plant and care for them yourself. Volume 2 of The Tree Dispensary covering exotic trees is out now and can be purchased [here](#).
