

"An interesting and eye opening resource into an often hidden side of our native flora."

- Mike Kintgen, Curator of Alpine Collections, Denver Botanic Gardens

"Clearly and intelligently written, this is a magnificent contribution to understanding and using the plants in my favorite eco-region, the Rocky Mountains."

- Stephen Harrod Buhner, award-winning author of

Plant Intelligence and the Imaginal Realm, Lost Language of Plants, and Herbal Antibiotics

A full color field guide to over 130 native and non-native plants from the foothills to the alpine of the Southern Rockies. It is written for the curious first-time forager as well as the more ad-vanced harvester of edibles and medicinals.

- Full color pictures & descriptions for identification
- Pictorial thumbnails & colored tabs for easy access
- Tips for harvesting & preparation of foods and medicines
- Important poisonous plants to be aware of
- Historical indigenous uses & practices
- Cautions about potential reactions
- Gardening tips
- Recipes, stories, poems, natural history & scientific facts

EDIBLE & MEDICINAL PLANTS

of the Southern Rockies

Foothills to alpine in Colorado, Wyoming, Utah and Idaho

By Mary O'Brien & Karen Vail