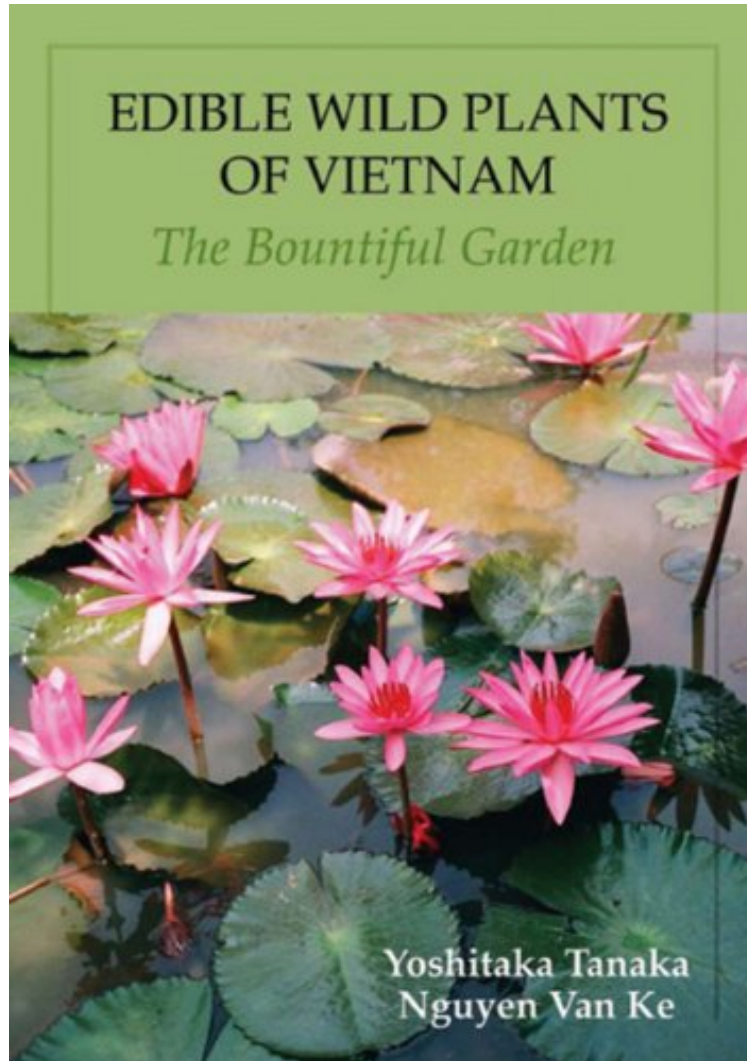


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6 of 6 people found the following review helpful. Great Starting Point!By Honey BadgerThis book is a great starting point if you would like to become familiar with beneficial native plants of Viet Nam. The authors interviewed indigenous peoples, and documented the plants that they use for food and medicine.Each plant specie is given a one page treatment with a detail color photo. The Latin name and Family is given first, and the Vietnamese name is listed under. The only complaint is that the Vietnamese name is not written with the tonal markings, so it is hard to properly

pronounce. Even though each species is presented on one page, detailed characteristics and seasonal information is given, as well as provincial distribution, culinary, and medical uses. Some species even have concise instructions for preparing herbal remedies! This book is an awesome piece of work for such a small book. Herbal medicine and wild edible plants are a part of our heritage, and a dying art among today's generation. If you are interested regaining the old ways, this book is the a great starting point.- B

A vast, invaluable body of knowledge on the use of wild plants remains among many traditional communities to the present day.

About the Author Dr. Tanaka Dr. Nguyen are expert botanists specialising in the flora of Southeast Asia, whose best-known works are Wild Orchids in Myanmar [2-Vols] and Fruits of Vietnam, respectively.