



Remembered Remedies: Scottish Traditional Plant Lore

Anne Barker

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Based on the recollections of hundreds of people from all over Scotland, *Remembered Remedies* is a fascinating insight into the way plants have featured in Scottish life for generations—whether it be collecting seaweed from island shores and using garden vegetables or bottling cordials, making heathier beds and chaff mattresses and using plants for medicinal purposes. Organized by habitat and use (field, meadow and machair; hedgerows and paths; hillsides and moorland; lochs, bogs and wells; seashore; trees and woodland; vegetables and kitchen cures) the book also includes botanical information and full color photographs of over 100 plants. It is ideal for reference and for those who want to identify plants where they grow.

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