Strengthen your connection to nature while learning how to tend the plants that grow around you.

This best-selling book is available wherever books are sold.

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HEALING DIGESTIVE TEA

Strong herbal teas are a powerful way to support digestive system healing. They are easy for your body to break down and absorb and are also a direct topical aid. This tea is carefully formulated to restore gut integrity and help heal damaged tissues. Rosalee has recommended this for people with ulcers or symptoms of intestinal permeability. To learn more about calendula and rose, download the bonus chapters at wildremediesbook.com/adventures.

One caution: this tea is slightly bitter—don’t expect it to taste like a lovely afternoon beverage! If it’s too bitter for you, try adding a pinch of salt or a bit of honey. A teaspoon of mint could be used in place of the fennel seeds.

*Yield: 3 cups*

½ cup (8 grams) finely crumbled dried plantain leaves
½ cup (8 grams) dried calendula flowers
¼ cup (3 grams) dried rose petals
1 tablespoon (2 grams) finely crumbled dried mallow or marshmallow leaves
1 teaspoon fennel seeds
3 cups water

1. Place all of the herbs in a quart jar (or quart-size tea press).
2. Bring 3 cups of water to a boil. Pour the water over the herbs, stir well, and cover. Infuse for 30 minutes.
3. Strain well and drink within 24 hours.
Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself!

Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of 25 of the most important and commonly found wild plants—many of which you can easily grow in your own garden, if foraging isn’t right for you. Detailed illustrations and beautiful photography ensure that you won’t make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own neighborhood.

After reading Wild Remedies, you’ll never look at your backyard, a public park, or any green space in the same way again. Instead of “weeds,” you’ll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature’s pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen.

Rosalee de la Forêt loves to inspire people to connect with nature and herbs in their everyday life. She is the best-selling author of the book Alchemy of Herbs, the education director for LearningHerbs, and a registered herbalist with the American Herbalists Guild. See more herbal inspirations at HerbsWithRosalee.com.

Emily Han’s work as a naturalist, herbalist, writer, and educator focuses on intersections of nature, culture, and food. She is the author of Wild Drinks and Cocktails, the communications director for LearningHerbs, and co-founder of the International Food Swap Network. Emily is a Certified California Naturalist and Master Food Preserver. To learn more, visit EmilyHan.com.