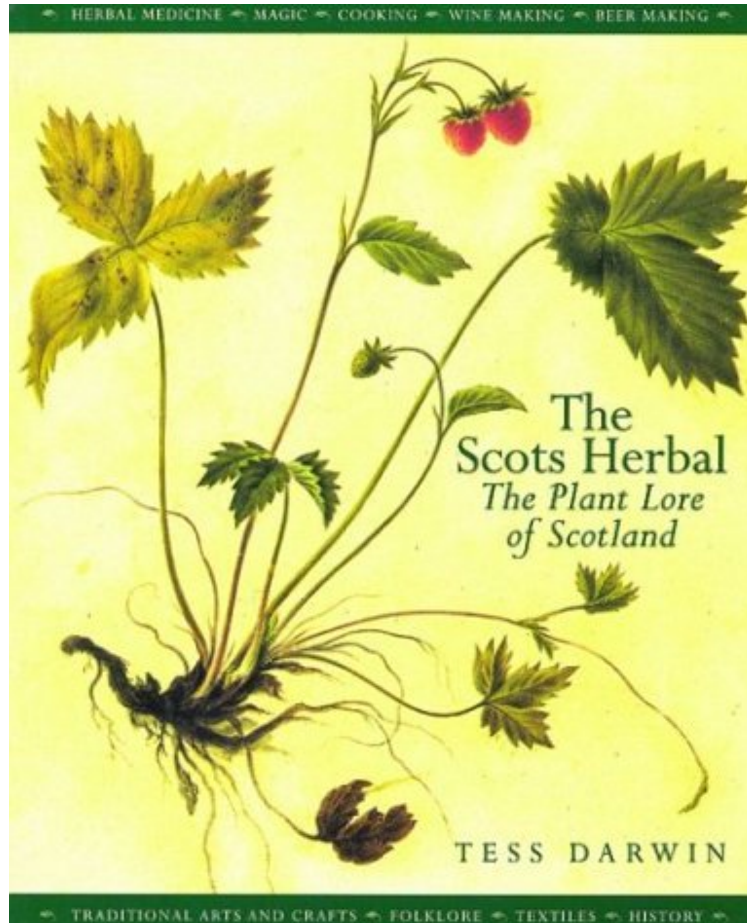


The Scots Herbal: The Plant Lore of Scotland

Tess Darwin

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Tess Darwin : The Scots Herbal: The Plant Lore of Scotland before purchasing it in order to gage whether or not it would be worth my time, and all praised The Scots Herbal: The Plant Lore of Scotland:

1 of 1 people found the following review helpful. A review of "The Scots Herbal"By Kenneth W. AllanAnybody who is studying their Scots ancestry and is keen to know how they they treated the various ailments, this is a must have book. Not only does the author cover the historical aspects of using plant life but also gives a thorough detailed list of plants with not only their uses but botanical, common,Scots and Gaelic names. I have learnt a lot about how our ancestors lived their daily lives and treated their various complaints and recommend the purchase of this book without hesitation.2 of 2 people found the following review helpful. The Scots HerbalBy B MyersThis is an excellent book to wet your appetite for herbal remedies Scottish/Gaelic lore.Although the book does not give explicit instructions on how to prepare the herbs, it does give you plenty of information of what the herbs were used for, along with historical information. There are 140 references listed in the Bibliography section, toward the back of the book.A very interesting book!2 of 3 people found the following review helpful. A GREAT resourceBy nancy badgerI write fiction

and the need for information on herbs pertaining to Scotland, as well as folklore, sent me to buy this book. It has an easy index and is filled with tidbits I plan to use in my blogs and novels.

To our ancestors, there was no such thing as a weed. Every growing thing had a role to play in daily life - as an ingredient for food, as medicine, as a dye or as fodder for livestock. Tess Darwin reveals the forgotten secrets of Scottish plant lore in fascinating detail, showing how many of the plant remedies which were dismissed by modern scientists as superstition have since been found to be effective in treating illness and have led to the creation of many new drugs.

'A generous book, a model of research and organisation.' Times Literary Supplement 'Worthwhile and entirely relevant, not just to Scotland. Ethnobotany ... helps engender respect for nature.' BBC Wildlife 'A unique and longed-for book.' Scottish Book Collector 'The first comprehensive guide to the many ways in which wild plants have been used in Scotland over the centuries. It covers the history and folklore of plants, and their use in textiles, arts and crafts.' Scottish Home and Country
About the Author Tess Darwin gained her ethnobotanical expertise in Central Africa and Australasia. She later returned to Scotland and began a decade of research on the usage of plants.