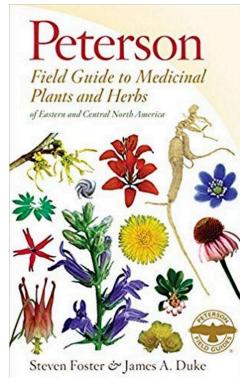




A Few Recommended Field Guides for Southern Appalachian & East Tennessee Plants



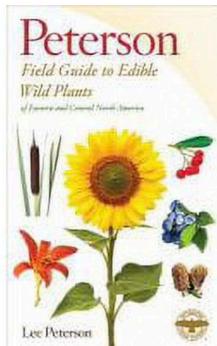
- **Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America (3rd Ed.)**

- **Authors:** Steven Foster & James A. Duke

Classic and comprehensive, covering over **500 species** with medicinal uses.

Includes detailed illustrations, plant descriptions, range maps, preparation notes, and safety cautions.

- Great for both beginner and experienced herbalists.



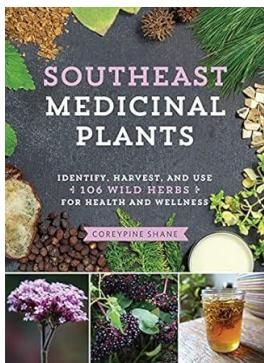
- **Peterson Field Guide to Edible Wild Plants: Eastern and Central North America**

- **Author:** Lee Allen Peterson

Focuses on wild edible plants with full-color illustrations and identification keys.

Offers harvesting tips, food uses, and some notes on toxicity.

- Pairs well with the medicinal guide for full-spectrum foraging knowledge.



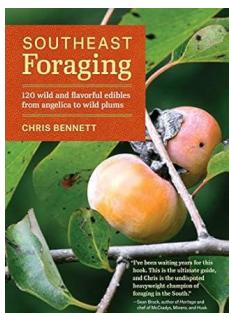
- **Southeast Medicinal Plants: Identify, Harvest, and Use 106 Wild Herbs for Health and Wellness**

- **Author:** CoreyPine Shane

Region-specific and modern, with vibrant photos and clear instructions for responsible harvesting and use.

Excellent seasonal foraging guide for the Southeast, including TN and the Southern Appalachians.

- Accessible and ethical, written by a well-respected Appalachian herbalist.



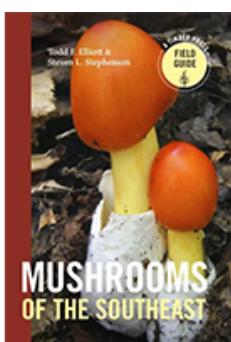
- **Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums**

- **Author:** Chris Bennett

Covers 120 wild edible plants native to the Southeast with detailed ID, harvesting, and prep tips.

Includes plant look-alikes, culinary uses, and seasonal foraging information.

💡 A must-have for wild food enthusiasts in East Tennessee.



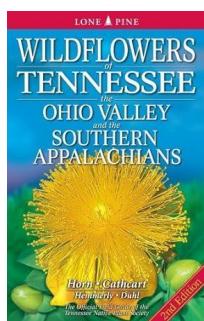
- **Mushrooms of the Southeast**

- **Authors:** Todd F. Elliott & Steven L. Stephenson

Beautiful photographic guide to over **400 fungi species** found in the Southeastern U.S.

Includes edibility notes, habitat descriptions, and mushroom ecology.

💡 Excellent for mushroom foragers, naturalists, and mycology beginners in the region.



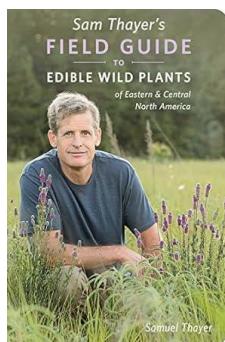
- **Wildflowers of Tennessee, the Ohio Valley, and the Southern Appalachians**

- **Authors:** Dennis Horn, Tavia Cathcart, Thomas E. Hemmerly

Detailed wildflower guide with over **1,250 species** and **800+ photographs**.

Organized by flower color and bloom season, making it easy to use in the field.

💡 Highly respected resource for East TN and surrounding states.



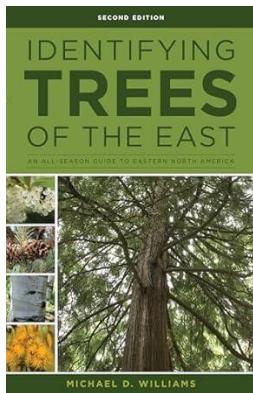
- **Sam Thayer's Field Guide to Edible Wild Plants**

- **Author:** Samuel Thayer

A beautifully written, experience-based foraging guide packed with clear ID info, recipes, harvesting details, and ecological insight.

Includes personal anecdotes and deep respect for sustainability and safety.

💡 One of the most trusted modern wild food guides.



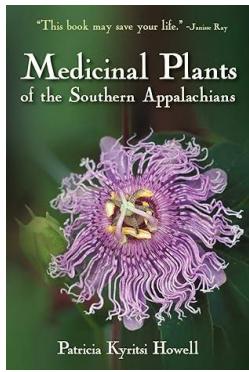
- ***Identifying Trees of the East: An All-Season Guide to Eastern North America***

- **Author:** Michael D. Williams

A practical, user-friendly tree ID guide with bark, bud, leaf, and fruit details for all seasons.

Especially helpful for identifying trees when they are not in bloom or fully leafed out.

📍 Great for winter walks, forest ecology studies, and herbal tree medicine identification.



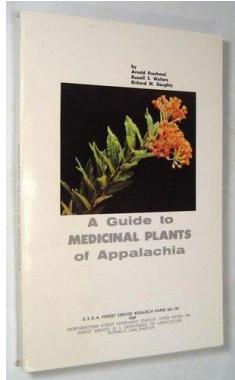
- ***Medicinal Plants of the Southern Appalachians***

- **Author:** Patricia Kyritsi Howell

A deeply rooted regional herbal reference focusing on 45+ common Southern Appalachian plants.

Includes preparation methods, folklore, clinical uses, and sustainable wildcrafting practices.

📍 Highly recommended for herbalists wanting local plant knowledge grounded in tradition and science.



- ***A Guide to Medicinal Plants of Appalachia (USDA Agriculture Handbook No. 400)***

- **Publisher:** U.S. Department of Agriculture Forest Service

A classic 1960s government handbook listing 126 native and naturalized species used medicinally in Appalachia.

Provides traditional uses, descriptions, botanical names, and some line drawings.

📍 A vintage gem for those interested in ethnobotany, historical use, and foundational research.