



HERBS WILD IN VERMONT (and other places): Herbs for Good Health

Sivvie Lio

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HERBS WILD IN VERMONT is not just for Vermonters. Many of these herbs grow wild in other locations. Remember, depending on the area, they may look a little different such as smaller, larger, more bushy or spindly. This book is your guide to herbs that the Creator has put here on our glorious Earth to feed us and cure us and Mother Nature gives freely. Gather respectfully. Remember to leave a few for the next gatherer. There are many examples of how these herbs have helped my family and me. You will be able to make your own remedies with what is available in your area. The pictures will help you identify what you find and your taste buds will lead you to that perfect cup of tea for you!

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