



After the First Full Moon in April: A Sourcebook of Herbal Medicine from a California Indian Elder

Josephine Grant Peters, Beverly Ortiz

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In this extraordinary book Josephine Peters, a respected northern California Indian elder and Native healer, shares her vast, lifelong cultural and plant knowledge. The book begins with Josephine's personal and tribal history and gathering ethics. Josephine then instructs the reader in medicinal and plant food preparations and offers an illustrated catalog of the uses and doses of over 160 plants. At a time of the commercialization of traditional ecological knowledge, Peters presents her rich tradition on her own terms, and according to her spiritual convictions about how her knowledge should be shared. This volume is essential for anyone working in ethnobotany, ethnomedicine, environmental anthropology, Native American studies, and Western and California culture and history.

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