Medicinal Tree Walk with Leslie Williams RH(AHG), M.Ed.

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Resources

Note – Of course when you are in specific bio-regions like south Florida or Gulf-coastal Alabama or northern Maine, you will fine remarkable and diverse trees some of which have originated elsewhere in the world and may not be in the older field guides.

Online guides and tree identification for woodland links –

<http://na.fs.fed.us/pubs/misc/flg/index.cfm?fuseaction=flg.showresourcebycategory&CategoryID=5>

USDA Plants database - <http://www.nrcs.usda.gov/wps/portal/nrcs/detail/plantmaterials/technical/publications/?cid=nrcs143_026853>

Eastern or Western USA tree identification guide - <http://www.arborday.org/trees/whattree/>

Dichotomous tree leaf guide from K-12 Wisconsin program – great photos. <http://www.uwsp.edu/cnr-ap/leaf/Pages/TreeKey/treeToIdentify.aspx?feature=Main>

Missouri Botanical Garden, plant finder- <http://www.missouribotanicalgarden.org/plantfinder/plantfindersearch.aspx>

Look for your state or nearby states, as eco-systems don’t respect state boundaries Here are a few listed for Ohio - <http://www.oplin.org/tree/> Ohio Division of Forestry, step by step ID process by leaf, fruit or name for OHIO trees. Very easy to use and useful even with older children.

Ohio tree Index - Ohio Dept of Natural Resources -

<http://ohiodnr.com/tabid/5361/Default.aspx>

Shamanic - http://wyldestonecottage.blogspot.com/2010/04/using-trees-as-medicine.html

University of Michigan, Dearborn Medicinal Tree walk: <http://umdearborn.edu/eic/pdfs/webmedicinal.pdf>

**The Sibley Guide to Trees**; Davis Allen Sibley, North American trees, color drawings, softcover, 426 pages, arranged by tree families. Includes solid general information on what to look for to ID trees as well as checklists.

**A Field Guide to Medicinal Plants**; with more than 375 illustrations; Arnold and Connie Krochmal. paperback, 274 pages, indexed, drawings, plants and trees including traditional Appalachian and native American uses.

Peterson **Field Guide to Trees and Shrubs**; George Petrides; by regions -

**Peterson Field Guides - Eastern Trees**; Petrides/ Wehr. Paper, 1988-98. 427 pages, indexed, color photos and drawings. see above.

**Manual of the Trees of North America Volume 1 and 2**. Sargent; Does not include Mexico, more than 700 detailed line drawings, very encyclopedic, Dover Books, indexed.

**National Audubon Society - Field Guide to Trees**, Eastern Region North America. Soft cover, 714 pages, color photos.

**The Illustrated Book of Trees**; Completely revised and updated, Comprehensive field guide to more than 250 trees of eastern North America. William Grimm. Paperback, arranged by family, 693 pages, indexed, line drawings. CF library, and a good one to own as well.

**Medicinal and other Uses of North American Plants; A Historical Survey** with special Reference to the Eastern Indian Tribes; Charlotte Erichsen-Brown, Paperback, pages 1-107 is evergreen and deciduous trees, then vines and shrubs. Indexed. Good history and interesting reading, although little documentation of medicinal usage.

Botany and ethnobotany class online at Botany Everyday from Marc Williams- excellent quality and go at your own pace. Great price (free!) lots of resources. <http://www.botanyeveryday.com/> The book, **Botany in a Day** is helpful.