



Advanced Information

The Medicinal Forest Garden Handbook

Growing, harvesting and using healing trees and shrubs in a temperate climate

by Anne Stobart

This book provides extensive practical information on growing, harvesting and using medicinal trees and shrubs sustainably in a temperate climate, whether for self-sufficiency or profit.

The author draws on her direct experience of creating a medicinal forest garden in the UK to provide supplies for herbal medicine in practice. She provides advice on the design of new planting projects which can meet the needs of different users from small gardens to smallholdings and agroforestry. Includes:

- How medicinal trees can contribute to health and environment
- Practical advice on designing with medicinal trees and shrubs using permaculture principles, alongside their establishment and propagation
- Combinations of woody and other layers of medicinal plants suitable for creating a medicinal forest garden or inclusion in other growing projects
- Management for a sustainable harvest including coppicing and pollarding of medicinal trees and shrubs
- Key medicinal constituents of woody plants and research studies into their effects
- How to harvest and preserve products from medicinal trees and shrubs effectively
- Recipes for making a range of herbal health care products
- Detailed monographs on medicinal trees and shrubs, providing fully referenced information about their medicinal potential and uses alongside cultivation and harvest details.

ABOUT THE AUTHOR:

Anne Stobart is an experienced consultant medical herbalist, herb grower and Honorary Research Fellow at the University of Exeter, UK. She is co-founder of Holt Wood Herbs, transforming a conifer plantation into a medicinal forest garden. Anne is a Bloomsbury author and has worked extensively in education including leading a professional herbal medicine programme at Middlesex University in London, UK.

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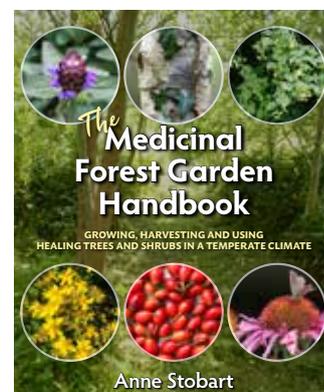
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