

# What Are Fronds For

## Palmetto Braiding and Weaving

Palmetto Braiding and Weaving is the definitive book for creating a variety of crafts from palm fronds, straw, rush, and grass. In this well-illustrated volume, artists and authors Viva Cooke and Julia Sampley explore thoroughly one of the most fascinating traditions of the southern United States: palmetto basketry. This tradition of crafts made from palm leaves has been passed on through generations. Palmetto Braiding and Weaving includes techniques and patterns for braiding and weaving—from simple to complex—for a variety of creations. In addition to baskets, Palmetto Braiding and Weaving explains how to make hats, handbags, trimmings, mats, fans, belts, and more. Palmetto Braiding and Weaving explores a wide array of uses of this native plant. Cooke and Sampley give full instructions for basketry, including samples of popular braids that have been developed and passed on by word-of-mouth, from generation to generation. Instructions are clear and accurate, and samples and finished pieces are shown with drawings and photographs of the authors' creations. The combination of drawings, photographs and thorough instructions make for the perfect how-to resource for palmetto basketry, and are adaptable to the use of other fibers including straw, rush, and grass.

## What Are Fronds For?

"A fun book full of wonderful things to make from palm fronds.... The diagrams that accompany each project are coupled with clearly written instructions. These, combined with a list of terms and techniques, make this a very easy book to use.... Those of you who live where palms flourish should love this book." --  
Textile Booklist

## The Zero-Waste Chef

**\*SILVER WINNER for the 2022 Taste Canada Award for Single-Subject Cookbooks\* \*SHORTLISTED for the 2021 Gourmand World Cookbook Award\*** A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has preached that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, sure, one person eliminating all their waste is great, but thousands of people doing 20 percent better will have a much bigger impact. And you likely already have all the tools you need to begin. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less, and finally, the recipes and strategies to turn them into self-reliant, money-saving cooks and makers. Rescue a hunk of bread from being sent to the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save 10 dollars (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they go bad—including end-of-recipe notes on what to do with your ingredients next--Bonneau lays out an attainable vision for a zero-waste kitchen.

## The Aims and Methods of Nature Study

Baskets in Polynesia provides an overview of baskets made throughout central Polynesia from the time of early European contact to the present, observing and comparing regional similarities and differences over the course of two hundred years. Wendy Arbeit has collected and augmented much scattered data. The handsome studio photographs complement the text and show the basic techniques involved in the creation of the

baskets, while field photographs show baskets in use. Tables present succinct summaries of regional basket types and the great variety of coconut frond baskets. Once baskets played an integral part in everyday life in Polynesia. Baskets are still made today, but their role has altered dramatically as a result of changing lifestyles in the island cultures. Most baskets are now created by older women, and knowledge of the techniques of plaiting is in peril of being lost altogether. Documentation of basketry in Polynesia has been uneven and for some island groups totally lacking. With this important book, Arbeit remedies this situation. This attractive and informative work will appeal to readers with an interest in Polynesia and to artisans in ethnic crafts.

## **Baskets in Polynesia**

Ironically, the organ with the greatest reason to differ between the sexes, the brain, is often viewed as the most androgynous of all. Are there differences? Almost by convention, male animals are used in laboratory experiments in neuroscience. Even in clinical drug trials in humans, females are often excluded from the early phases of testing because of the risk of pregnancy and because females tend to be inconsistent in their responses due to the influence of their hormones and the menstrual cycle. The flaw in this reasoning is enormous: These very results are often applied to females. In *The Female Brain*, Cynthia Darlington examines the evidence for structural and functional differences between the male and female brain in an accessible, straightforward manner, while providing substantial scientific material for the academic reader.

## **A Pocket Guide to British Ferns**

*What Gardeners Grow* draws on the experience and passion of the world's most interesting and respected plantspeople to create a glossary of plants to inspire the everyday gardener. A diverse range of some 250 gardeners have contributed their plant choices, each selecting one or more of their most treasured favourites. Discover plants chosen by horticulturalists such as Piet Oudolf and Noel Kingsbury, Sarah Raven and Erin Benzakein, Joy Larkcom and Ron Finley. Among recognisable names are the nurserymen, head gardeners, designers, edibles experts, biodynamic practitioners, Chelsea medal-winners and more that excel in their field, each presenting a unique story about their favourite plants. Dip in for insider secrets, surprising and inspiring tales, and to discover a whole new world of plants.

## **The Female Brain**

The most comprehensive guide to Michigan's ferns and related plants

## **What Gardeners Grow**

Provides information on growing trees, perennials, annuals, grasses, herbs, and bulbs, features the basics of garden design, and talks about environmentally sound controls of pests and diseases.

## **Alphabet of Botany, for the Use of Beginners**

Learn the art of palm weaving with this fun Hawaiian craft book. Based on years of meticulous study and practice, the book explains in clear, easy-to-understand instructions how to obtain and prepare coconut palm fronds suitable for weaving into hats, baskets, epergnes, mats, birds, and various decorations. More than 100 easy-to-follow diagrams and sketches give the reader exact, detailed instructions on weaving procedures, and provide countless ideas to inspire the imagination of the creator. After mastering the basic principles of frond weaving, the reader will be able to duplicate almost any woven object or execute his own designs, whether in coconut palm fronds or with fronds from other types of palm trees and palmettos. The weaving itself takes no unusual physical prowess. In fact, frond weaving is well suited to the needs of both recreational craft and physical therapy programs, as well as the general hobbyist. With a little patience and effort, a novice weaver

can acquire the skills of an ancient art which is as uncomplicated as it is beautiful. This economical and delightfully presented volume will be a valued addition to the literature of traditional handicrafts, a book that recreation libraries and all craft enthusiasts will welcome.

## **Gardening Illustrated**

**Smartee Plants By: Carolyn J. C. Goodin CLP-I Emeritus** Smartee Plants is more than just a “how to” manual – it also answers the question “why.” In this in-depth guide, Indoor Landscaping specialist Carolyn J. C. Goodin CLP-I Emeritus explores the details of the maintenance of indoor plants from a professional interiorscaper’s perspective. The information in Smartee Plants is based on plant physiology, concentrating on water consumption and the environmental variables which dictate proper plant care. Presenting both the science and the practical application, Goodin goes beyond the average plant guide to detail irrigation needs in terms of frequency and volume, nutrition, pest control, sanitation and disease prevention. Whether a professional plant technician or an enthusiastic hobbyist, Smartee Plants will help you shed the proverbial “Brown Thumb Syndrome” and care for your indoor plants better than ever before!

## **Michigan Ferns and Lycophytes**

**DIVCoconuts** have been used for thousands of years in traditional medicine for their healing and beautifying properties, as well as being used in anti-viral and anti-bacterial products. Coconuts also show promise in stabilizing blood sugar and as a natural weight loss aid. This unique superfood can even be made into flour and used in gluten-free cooking and baking./divDIV/divDIV**Superfoods for Life**, Coconut shows you how to integrate coconut meat, milk, oil, butter, and flour into your diet with 75 delicious recipes for incredible health. This handy guide provides an overview of coconuts, fun history and facts and its reputed nutritional benefits, along with a focus on key nutritional properties and “cures” associated with coconuts (detoxification, weight loss, super immunity, disease fighting, and beauty to name a few). Each chapter references studies and research. There are so many ways to use coconut - the possibilities for cooking and healing are endless!/div

## **Journal of Horticulture, Cottage Gardener and Home Farmer**

**NAACP IMAGE AWARD WINNER** • “Phenomenal . . . transforms the kitchen into a site for creating global culinary encounters, this time inviting us to savor Afro-Asian vegan creations.”—Angela Y. Davis, distinguished professor emerita at the University of California Santa Cruz **JAMES BEARD AWARD NOMINEE** • **IACP AWARD FINALIST** • **ONE OF THE BEST COOKBOOKS OF THE YEAR:** The New Yorker, The Washington Post, Vogue, San Francisco Chronicle, Forbes, Food & Wine, Salon, Garden & Gun, Delish, Epicurious More than 100 beautifully simple recipes that teach you the basics of a great vegan meal centered on real food, not powders or meat substitutes—from the James Beard Award-winning chef and author of Afro-Vegan Food justice activist and author Bryant Terry breaks down the fundamentals of plant-based cooking in *Vegetable Kingdom*, showing you how to make delicious meals from popular vegetables, grains, and legumes. Recipes like Dirty Cauliflower, Barbecued Carrots with Slow-Cooked White Beans, Millet Roux Mushroom Gumbo, and Citrus & Garlic-Herb-Braised Fennel are enticing enough without meat substitutes, instead relying on fresh ingredients, vibrant spices, and clever techniques to build flavor and texture. The book is organized by ingredient, making it easy to create simple dishes or showstopping meals based on what’s fresh at the market. Bryant also covers the basics of vegan cooking, explaining the fundamentals of assembling flavorful salads, cooking filling soups and stews, and making tasty grains and legumes. With beautiful imagery and classic design, *Vegetable Kingdom* is an invaluable tool for plant-based cooking today. Praise for *Vegetable Kingdom* “In the great Black American tradition of the remix and doing what you can with what you got, my friend Bryant Terry goes hard at vegetables with a hip-hop eye and a Southern grandma’s nature. To paraphrase Maya Angelou, Bryant wants us to know that once we know vegetables better, we will cook vegetables better. He ain’t lyin’.”—W. Kamau Bell, comedian, author, and host of the Emmy Award-winning series *United Shades of America* “[Terry’s] perspective is casual and

family-oriented, and the book feels personal and speaks to a wide swath of cooks . . . each dish comes with a recommended soundtrack, completing his mission to provide an immersive, joyful experience.”—Publishers Weekly (starred review)

## **The Gardeners' Chronicle**

Imagine you are first in line at a potluck buffet. The spread includes not just food and water, but all the materials needed for shelter, clothing, healthcare, and education. How do you know how much to take? How much is enough to leave for your neighbors behind you - not just the six billion people, but the wildlife, and the as-yet-unborn? In the face of looming ecological disaster, many people feel the need to change their own lifestyles as a tangible way of transforming our unsustainable culture. *Radical Simplicity* is the first book that guides the reader to a personal sustainability goal, then offers a process to monitor progress to a lifestyle that is equitable amongst all people, species, and generations. It employs three tools to help readers begin their customized journey to simplicity: It builds on steps from *Your Money or Your Life* so readers can design their own personal economics to save money, get free of debt, and align their work with their values. It uses refined tools from *Our Ecological Footprint* so readers can measure how much nature is needed to supply all they consume and absorb their waste. And by advocating time alone in wild nature, it opens readers to another reality with humanity as one species among many on a complex and inter-related planet. Combining lyrical narrative, compassionate advocacy and absorbing science, *Radical Simplicity* is a practical, personal answer to 21st century challenges that will appeal as much to Cultural Creatives and students as to spiritual seekers, policy makers and sustainability professionals.

## **The Garden**

A lyrical, captivating retelling of the Palm Sunday and Easter story from National Book Award nominee Mitali Perkins, author of *Rickshaw Girl*, that is sure to become a beloved tradition for families of faith. Little Wind and the trees of Jerusalem can't wait for Real King to visit. But Little Wind is puzzled when the king doesn't look how he expected. His wise friend Bare Tree helps him learn that sometimes strength is found in sacrifice, and new life can spring up even when all hope seems lost. This story stands apart for its imagination, endearing characters, and how it weaves Old Testament imagery into Holy Week and the promise of Jesus's triumphant return. While the youngest readers will connect to the curious Little Wind, older children and parents will appreciate the layers of meaning and Scriptural references in the story, making it a book families can enjoy together year after year.

## **The Journal of Education**

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." ? B. E. Todd, *Spectator*. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult *A Modern Herbal*. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpernel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. ? more than 800 varieties in all ? includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in *Herbal*, perhaps the most fascinating are the poisonous

varieties ? hemlock, poison oak, aconite, etc. ? whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

## **Journal of Education**

Journal of Horticulture, Cottage Gardener and Country Gentlemen

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