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Grass as Superfood: Health from Wild and Cultivated Greens and Grains

Robert Dale Rogers RH

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Around the world, people walk on, or by grasses, rarely giving them a second glance.

And yet, they are the most important food source on the planet, providing sustenance to 7 billion people every day.

The grass family is composed of more than 10,000 species in 13 sub-families and 668 genera.

In fact, the advent of agriculture, and the shifts in society associated with transition from hunter/gatherer is one of the great markers in human history.

In this book, you will find a myriad of medicinal and health benefits derived from grasses, grains and similar plants such as rushes, sedges and other members of the order poales.

I have also included a number of medicinal plants that include grass as part of their name. It just felt right. Enjoy!

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