



The Book of Kudzu: A Culinary and Healing Guide

By William Shurtleff, Akiko Aoyagi

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From rear cover notes: Delicious, American-style recipes using kudzu powder, and an explanation of its advantages over all other starches; Time-tested medicinal kudzu teas, and directions for their use in the treatment of specific ailments; Instructions for extracting the powder at home and on cottage-industry scale; Illustrated instructions for weaving with the translucent, silk-like fibers extracted from the kudzu vine - and used in the Orient for centuries in the manufacture of hand-loomed cloth; An assessment of the role kudzu could play in our changing eco-system.

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