

# Wildflowers of the Appalachian Trail

Leonard Adkins



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*Wildflowers of the Appalachian Trail* is the go-to resource for anyone interested in the wildflowers found along the 2,175-mile-long Appalachian National Scenic Trail. Stunning full-page color photos by Joe Cook and Monica Cook accompany the detailed descriptions by author Leonard Adkins. Also included for many of the 94 flowers profiled in the book is the fascinating role the flower has played through history and its value in folkloric as well as modern medicine.

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