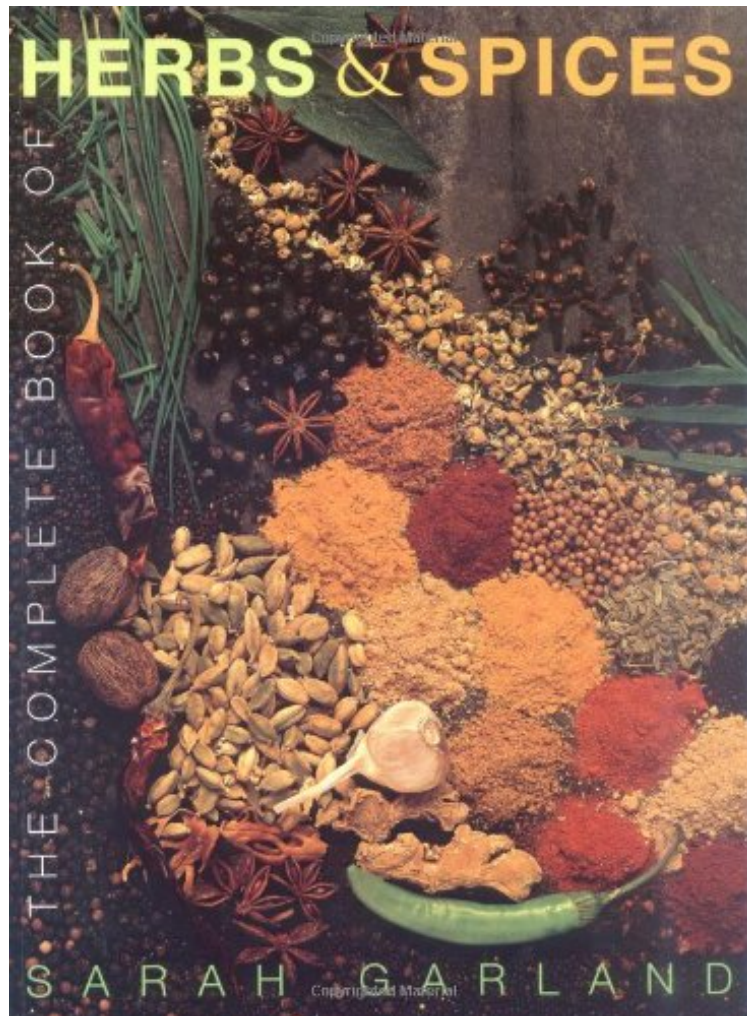


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The Complete Book of Herbs Spices: An Illustrated Guide to Growing and Using Culinary, Aromatic, Cosmetic and Medicinal Plants

Sarah Garland

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as thorough and comprehensive as anyone could wish Independent the definitive guide to herbs and spices and is a wonderful book to dip into repeatedly VitisAbout the AuthorSarah Garland is a much-loved author/illustrator who has published more than 40 books. The daughter of a publisher and illustrator, she trained as a typographer at the London College of Printing. She has written many books for children, and also books for adults on herbs and their uses. During her childhood in the New Forest and in recent years she has concentrated on growing a very wide variety of herbs to use in her kitchen, and to treat minor ailments. She lives in Chedworth, Gloucestershire. Her books for Frances Lincoln are Eddie's Garden and Eddie's Kitchen; Going to Playschool, Doing the Garden, Going Swimming, Coming to Tea, Doing the Shopping, Doing Christmas, Having a Picnic and Doing the Washing; Billy and Belle; Dashing Dog; Splash and Zoom.