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The Complete Book of Herbs Spices

Sarah Garland

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Sarah Garland : The Complete Book of Herbs Spices before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Book of Herbs Spices:

0 of 0 people found the following review helpful. Five StarsBy R. ApterFabulous book in all ways.0 of 0 people found the following review helpful. The book is great. ThanksBy rhonda cirilloJust what I was looking for. The book is great. Thanks.5 of 5 people found the following review helpful. The Good StuffBy A CustomerThis book contains an overview of information for the budding herbalist: plant lists, pictures, growing information (sun, shade, plant size, and zone!), as well as general information about medicinal usage. Tons of interesting recipes, too. This isn't a detailed herbal medicinal, but a good starting point.

This is designed to be a definitive guide to growing and using culinary, aromatic, cosmetic and medicinal plants. Now fully revised, The Complete Book of Herbs Spices covers every aspect of this fascinating subject, from gardening with herbs to cooking and candle making. It is essential reading for all those who delight in tradition and enjoy the benefits of a healthy lifestyle.

From Publishers WeeklyIf you've sometimes wondered what yarrow, et al., is good for, this book can tell you: it is "a wound herb, astringent and healing, and rich in vitamins and minerals." Moreover, it may even "increase the health of nearby plants." Entries in this herbal resource also offer directions to would-be growers, the various amusing common

names of the assembled plants (for coriander, "dizzycorn," for cassia, "bastard cinnamon") and historical asides: the Incas, for example, worshipped the sunflower. In addition, there are recipes--for soap, bath oil, herbal dyes, pomanders, and edible contrivances: toffee, salad, green mayonnaise and more. Nicely designed but not remarkable, the volume is illustrated with a range of graphics, from medieval woodcuts to the glow of contemporary color photography. Copyright 1993 Reed Business Information, Inc. From Library Journal Books with the word "complete" in the title don't always meet expectations, but this reissue of a modern herbal (LJ 12/1/79) does not disappoint. Following an introductory chapter on the history and traditions of herbs, Garland describes over 300 herbs and spices. Each plant is illustrated with detailed watercolor drawings, and information on its culture, preparation, and various uses is provided. There are some minor revisions of text and illustrations, but the bibliography has not been updated. Many fine herb books have been published since this book first appeared. Of particular note is the eminently practical Rodale's Illustrated Encyclopedia of Herbs (LJ 11/15/87) and Emelie Tolley and Chris Mead's beautiful Herbs: Gardens, Decorations and Recipes (Clarkson Potter: Crown, 1985). If Garland's book is not already on the shelf, it also deserves a place. For most gardening collections.- Virginia A. Henrichs, Chicago Botanic Garden Lib., Glencoe, Ill. Copyright 1993 Reed Business Information, Inc.