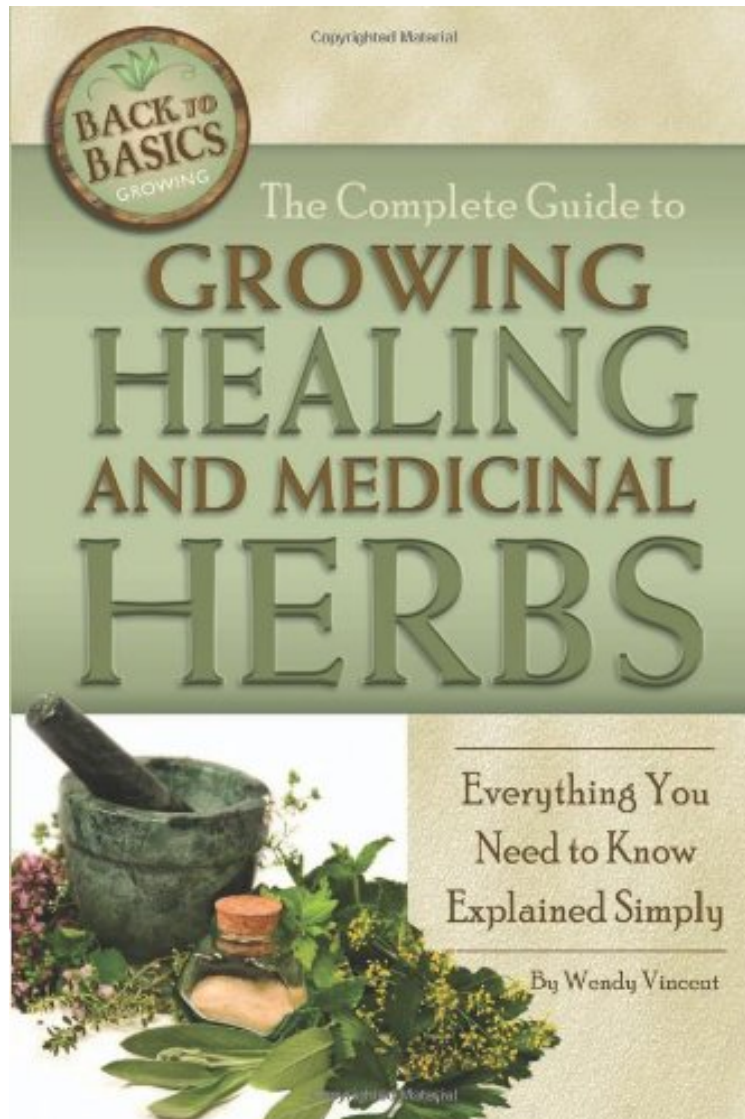


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The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing)

Wendy Vincent

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Wendy Vincent : The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing):

3 of 3 people found the following review helpful. It is what it isBy B. FaircloughVery good for what it is. I do wish it would go more into the medicinal properties of each herb. Then again, it's not about using them, it's about growing them and it certainly gives sufficient information in that area.0 of 0 people found the following review helpful. A lot of very useful information!By R. PatelThis book has been invaluable to me. There is a ton of information. I tried to read it all the way through but discovered its best just to jump around and look where you need to. The only thing that would make this book better is if I had gotten it in paper form.0 of 0 people found the following review helpful. Great book!By Jeffrey M. FosterGreat book! Easy to read with lots of useful information!

Herbs have been the centerpiece of natural healthcare since before the dawn of medicine in ancient Greece. With more than 50,000 strains of herb from around the world currently catalogued by various botanical societies and a small percentage of those serving solid, universally recognized medical purposes, it is no wonder that many people have taken up the hobby of growing their own herbs at home to help with basic things like healing burns or relieving headaches. This book will guide you through the step-by-step process of learning about and growing your own healing herbs, starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself. The first things you will learn in this guide are the basics of all healing herbs, starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates. Matching the right herbs to your region, you will then be able to start learning about how herbs grow, what they need from the soil, water, the weather, and feeding. You will learn which pests are most likely to appear with each herb plant and which planting conditions are best for your herbs, from indoor potting to outdoor containers, or in ground fields. You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing. Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials. Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your new found gardens. This book is a complete guide for anyone who has ever wanted to try something different and grow it themselves.

Many people are turning to their agricultural roots in order to become self-sufficient by growing and preparing their own food. Atlantic Publishing has a Back to Basics series of books that teach you Everything You Need to Know Explained Simply. Three handy books out of several in the series include The Complete Guide to Growing Tomatoes: A Complete Step-by-Step Guide Including Heirloom Tomatoes, Growing Healing and Medicinal Herbs: and Growing Vegetables, Flowers, Fruits and herbs from Containers. The Complete Guide to Growing Healing and Medicinal Herbs by Wendy Vincent helps you grow your own healing herbs for self-care and disease prevention. Even better, you will gain a new awareness that so called pesky weeds on your lawn (dandelion, mullein, violet, red clover, plantain, self-heal, sheep sorrel), are actually powerhouses of healing phytochemicals, more reason to get rid of the Roundup and view weeds as a venerable apothecary. You will learn the basics of growing all kinds of herbs including propagation techniques (layering, crown propagation, cuttings and root divisions), which herbs are best grown from seed and more. Each herb is described for its usage, what part is best used (aerial, roots, fresh or dried) and how to best use it (as a tea, tincture, or in cooking). Matching the right herbs to your regions, you ll know which herbs to grow, what they need form the soil, water, the weather and feeding. You will learn which pests are most likely to appear with each herb plant and which planting conditions are best for your herbs, from indoor potting to outdoor containers, or in the ground. The best part is many herbs are perennials, meaning, they come back year after year. --New Living Magazine August 2011 EditionVincent takes her experience in her own garden to give very brief cultivation requirements for 78 medicinal herbs. This includes astragalus (*Astragalus membranaceus*), stevia (*Stevia rebaudiana*), and yerba mansa (*Anemopsis californica*). General advice is given for organic gardening and harvesting, preserving, and using herbs. Several herbalists offer insights on their craft. One chapter suggests herbs to heal a few conditions, and another explains how to make simple remedies. This book may not be filled with photographs, but still offers a good start for the beginning gardener. Atlantic also just published The Complete Guide to Growing Vegetables, Flowers, and Herbs from Containers, by Lizz Shepherd (2011) with charts, companion planting, and gardener interviews. --Kathi Keville, American Herb Association