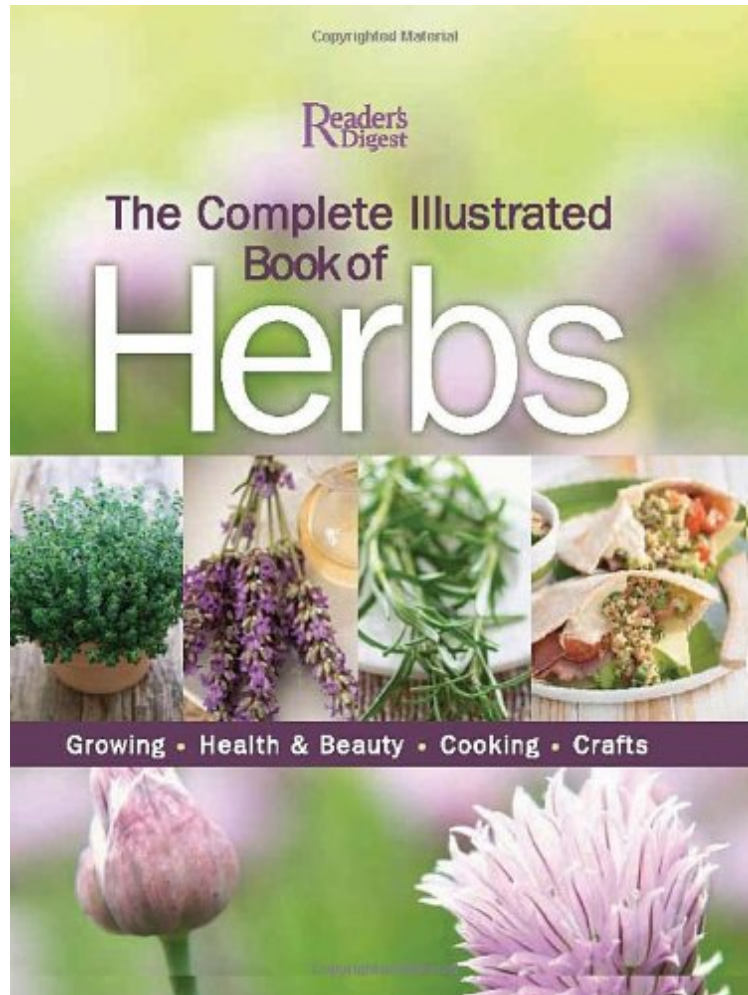


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The Complete Illustrated Book to Herbs: Growing, Health and Beauty, Cooking, Crafts

Editors of Reader's Digest

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#594413 in Books Readers Digest 2009-03-19 2009-03-19Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 11.88 x 1.30 x 9.40l, 4.55 #File Name: 0762107960400 pagesGreat product! | File size: 66.Mb

Editors of Reader's Digest : The Complete Illustrated Book to Herbs: Growing, Health and Beauty, Cooking, Crafts before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Illustrated Book to Herbs: Growing, Health and Beauty, Cooking, Crafts:

1 of 1 people found the following review helpful. Excellent book for your Herb Books libraryBy B. SandersI have several books on herbs and each has something more to offer. I think The Complete Illustrated Book of Herbs by Readers Digest is an excellent book for the the newbie interested in herbs or the more experienced grower. In addition to the actual herb directory with pictures of various herbs telling of the gardening, medicinal, and cooking ideas for

each, there are additional individual sections on growing, harvesting, storing, preserving and propagating herbs, as well as a very good section on using the herbs medicinally. I particularly liked that section because it started out listing the ailment and then listed the various herbs that could be used whereas most list the herbs first and then it's uses. There is also a section on using herbs in crafts and a section with recipes that uses various herbs. 0 of 0 people found the following review helpful. AWESOME BOOK By Hannah I can't say enough great things about this book. The pictures are wonderful and the information is great!! I've learned a lot from reading this book, more than i have from any of my other herb books. I love the little back stories of the history and folklore behind each herb. Aside from growing, cooking with herbs and using the medicinally, it also shows you how you can incorporate certain herbs in your home life for different benefits. Did you know that Lavender naturally keeps moths away from your clothes? In earlier times people would hang fresh Lavender in their closets to keep moths from eating away at their coats. There's a chapter that shoes you how to sew a tiny fabric sachet so that you can fill it with lavender and keep it in your drawers!!! :) 5 of 5 people found the following review helpful. Great Beginner book By Catalina Friedman This book contains an excellent overview of some 100 herbs, their uses and cultivation. This is a valuable resource. Especially good for people not familiar with herbs but wanting to start their journey into the world of herbs. It also contains recipes for using the herbs (culinary, cosmetic, medicinal, crafts etc.). It even contains a section of herbal remedies for animals. I thoroughly enjoy having it as a reference book. I find Reader's Digest books very informative and great for becoming familiar with the subject at hand.

This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants-from planting and harvesting to cooking and storing- including their health benefits. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? * Mint can repel ants, flies, mice, and moths * Garlic can seriously lower cholesterol * Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials * Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid Known for alleviating common ailments, herbs are an ancient natural wonder-herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

About the Author For more than 80 years, Reader's Digest editors have been the source of trusted information for readers around the world. Expert in gardening, cooking, home repair, health, consumer awareness, and general reference, we are committed to providing authoritative content that not only inspires but also empowers people to enrich their lives and improve the universe around them.