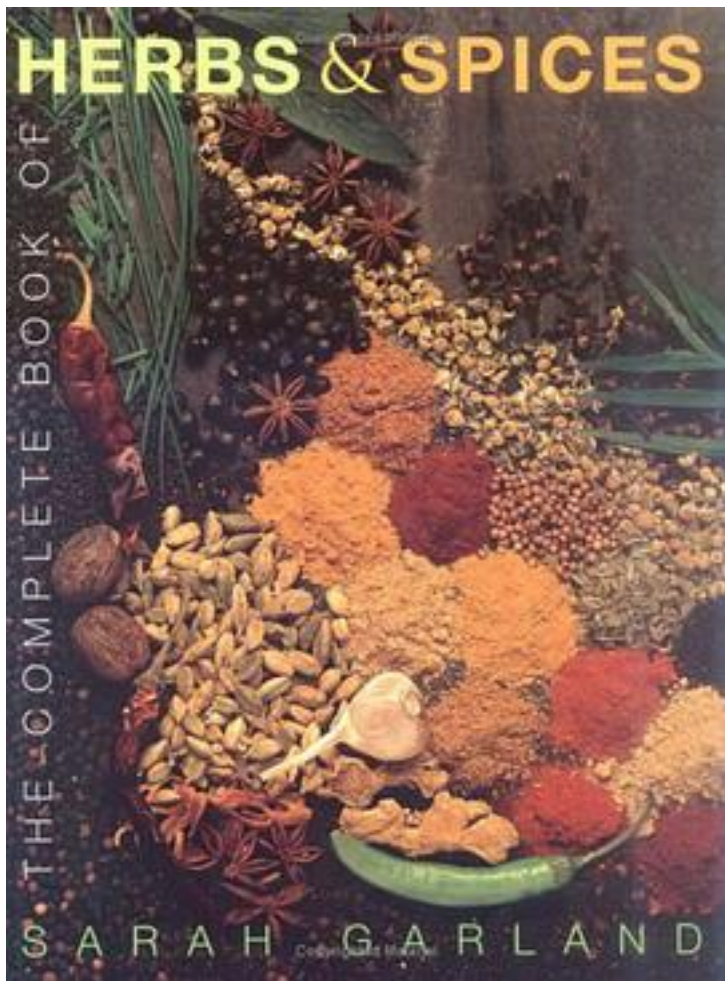


The Complete Book of Herbs and Spices



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A beautifully illustrated and researched exploration of herbs and spices: their history, cultivation and uses, both familiar and forgotten. The comprehensive modern herbal

lists nearly 300 plants and is complemented by delicate botanical watercolours. Instructions on growing and harvesting herbs, whether in a garden or a window box, are supplemented with practical applications: herbs in cooking, natural cosmetics, herbal remedies and other household uses - dyes, soaps, potpourris and pomanders. The book is illustrated throughout with more than 300 specially commissioned colour photographs and step-by-step diagrams. Sarah Garland's original approach and familiarity with the plants she describes make this a book to be used, enjoyed and treasured.

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