

# The Healing Kitchen: An Indoor Herb-Garden Pharmacy for Cooks



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Welcome to my healing kitchen. In curly chervil garlic chives dill. French the next few pages I'd like to share lavender ginger Italian parsley lemon some general information balm lemon verbena on the botanical culinary sweet marjoram mizuna and therapeutic benefits of peppermint nasturtium homegrown herbs to help rosemary sage and thyme -- you get started making] -- are all cooperat your own indoor herb] houseplants inherent garden as healthy and useful as it is aromatic flush with flavor and effective beautiful. The sixteen herbs showcased healers. Each herb is highlighted in The Healing Kitchen -- sweet basil three-part

stand-alone chapter of<br>

作者介绍:

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