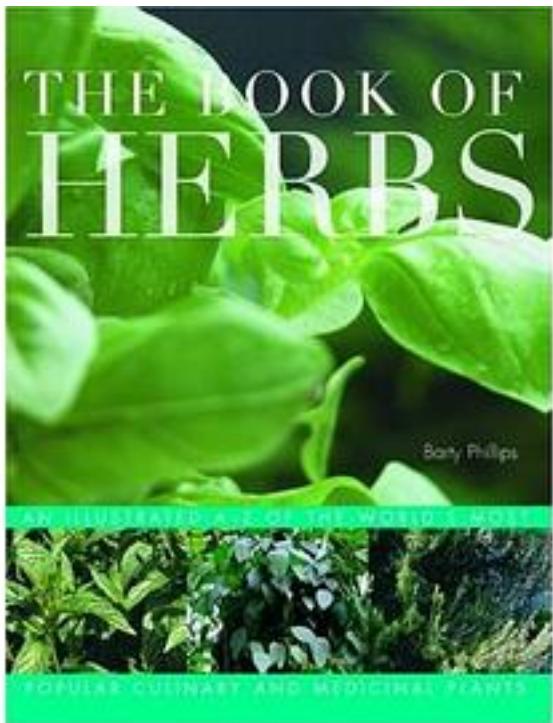


the book of herbs



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Bring the many wonderful benefits of herbs into your life with this beautifully illustrated, accessible book on 88 herbs and their many purposes.

Starting with Aloe Vera, used as a soothing agent for over 2,000 years, and ending with Yarrow, whose leaves can be added to salad and which was once called “soldier’s woundwort” because of its efficacy on the battlefield, The Book of Herbs reveals the secrets of a wide range of plants that can really enhance your life.

Each page features color photographs of the plant itself in its many forms and is full of

well-presented information on how to use it. There are sections covering each herb's history, as well as its culinary uses, medical benefits (including special precautions), and household and cosmetic applications, such as:

- Borage leaves in a face pack help moisturize dry skin.
- Caraway seeds are a long-standing breath freshener.
- Catmint makes a cleansing hair wash.
- Lavender is a natural insect repellent, good to grow near the deck or porch.
- Nettle can help skin problems.
- Valerian can be used to help get rid of pests.

Chock full of useful information that can help make every part of life more natural and organic, *The Book of Herbs* is an indispensable and easy-to-use reference that's a must for every home. --This text refers to the Hardcover edition.

作者介绍:

Barty Phillips is a well-known English author, journalist, lecturer, and radio and TV broadcaster who has written over 30 books on home and garden subjects. She was the design correspondent of *The Observer* newspaper for sixteen years and editor of *Herbs*, the journal of the Herb Society for five years. She lectures regularly on home and garden subjects. Her other books include *Herb Gardens & Tea*, a guide to herb gardens in the United Kingdom. --This text refers to the Hardcover edition.

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