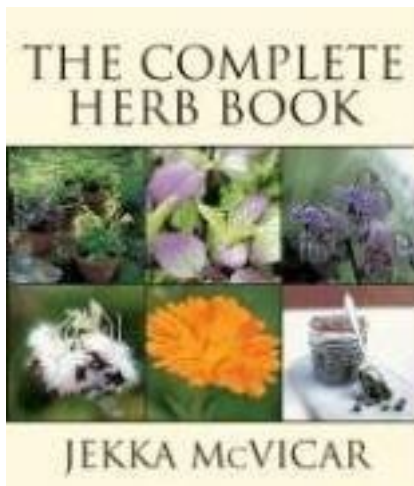


# The Complete Herb Book



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出版者:Firefly Books

出版时间:2008-2-15

装帧:Paperback

isbn:9781554073658

""This is a must-have book for everyone who loves gardening and cooking. I'm Jekka 's biggest fan."" -Jamie Oliver (on the previous edition) The Complete Herb Book is a comprehensive A-Z guide to the fascinating world of herbs, providing practical information on each herb's organic growing requirements, use, mythical properties and historical background. This new edition is updated and revised to include complete entries for 40 additional herbs. The A-Z directory features a full double-page spread for each herb, with details that include: Natural habitat Species and related plants Soil properties Watering requirements Weather protection Container growing Strategies to eliminate pests Best harvesting times Culinary, medicinal, cosmetic and other uses Recipes. The how-to section features step-by-step instructions and best practices for herb gardening. Included are sample plans; month-by-month checklists; drying, freezing and storing guides; tips for making oils, vinegars and preserves; and information on propagation. The Complete Herb Book is the ideal handbook for growing herbs and provides hours of browsing pleasure for gardeners, cooks and natural-healing practitioners.

作者介绍:

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