

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

By Editors of Reader's Digest

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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.

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Editorial Review

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Pedro Gonzales:

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Sherry Duncan:

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Regina Dye:

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