



The Whole Herb

Barbara Pleasant

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The relationship between people and herbs has spanned the millennia—and what a relationship it has been! Herbs have been both our medicine and our food, while their fragrance and beauty have warmed our hearts and delighted our senses. They are nature's pure and precious gifts to man.

The Whole Herb is an easy-to-follow guide to the many uses of these wonderfully aromatic plants. The book begins by looking at the history and benefits of herbs, while subsequent chapters focus on their many uses, including herbs and health, herbs in the kitchen, herbs around the house, and herbs in the garden. What comes next is an A-to-Z reference profiling over fifty common herb varieties. Each entry provides information on the herb's background, benefits, and uses, along with helpful buying guides, growing instructions, preservation methods, and safety information. Throughout, insets highlight important facts and techniques, helping you fully enjoy the herbal experience.

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