



New Book of Herbs

Jekka McVicar

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This lavishly illustrated A-Z reference is a must have for gardeners or anyone interested in the role of fresh herbs in a healthy lifestyle. A unique and innovative combination of cookbook, gardening guide, and organic reference, New Book of Herbs illustrates how growing and using fresh herbs can enhance ones home, health, and garden. Readers will learn how to raise and maintain herbs the organic way; discover the best ways to create simple, delicious recipes, and to recognize the medicinal, environmental, and therapeutic uses of these remarkable plants. New Book of Herbs will guide and inspire anyone interested in using herbs to achieve a healthy lifestyle.

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