

Guide to Using Kitchen Herbs for Health: Quick, Easy Ways to Grow, Eat & Use Herbs Daily Anne Gibson Read ebooks [EN] PDF, ePub, Mobi, "I am so glad I bought this lovely herb book. There was a wealth of information I didn't expect, with gems of great value sprinkled generously throughout...."

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health will benefit as a result. I will be buying more as a gift for friends and family." - Rosamaree Smith

"This book sets out in a very comprehensive, but uncomplicated way, all one needs to know about planning for, purchasing, setting up, growing, maintaining, harvesting and using herbs for health and in cooking. It is beautifully presented and easy to read. One of my favourite sections was the Suggested Goal List - helping me think, and do, outside that square of using herbs more effectively and efficiently. I also gained a fuller understanding of each plant profile and its needs and uses. It's well worth the read and an important tool in your garden library." - Lynn Lewis

"This book is a beautiful distillation of 25 herbs useful for both kitchen and health. Anne Gibson has made it so easy for time-poor or beginner gardeners to have stress-free contact with nature. I thoroughly enjoyed her abundant personal garden wisdom. There are so many tips and practical suggestions. For example, exactly when and how to harvest turmeric and how to rejuvenate ageing thyme plants, that I have never seen elsewhere. As an experienced herb grower, I enjoyed learning numerous interesting new things about my treasured herbs and how to make the most of them for food, first aid and health." - Beren Coulthard

You CAN take control over your health, and it can be as simple as using fresh or dried kitchen herbs in new ways. A bunch of parsley or basil can also help build your immune system. A headache or indigestion may be eased quickly without rushing to the chemist, by reaching for a herb in a pot

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The ideal Kitchen Herb reference guide if you want:

- * An easy-to-read, concise but comprehensive guide;
- * To grow your first herb garden or build on what you already have growing;
- * A step-by-step guide to planning your space to grow herbs;
- * Quick, easy, money-saving 'How-To' remedies for common ailments like skin problems, sore throats and stress;
- * To create healthy soil to grow nutrient-dense herbs;
- * To dive deeper into herb plant profiles for specific health benefits and how-to-grow information.

Armed with this handy reference, you'll have the knowledge and confidence to plan, create and use your own herb garden for vibrant health and be more self-sufficient.

This eBook is an entertaining, dive-right-in manual for beginners to experienced gardeners and cooks who want to grow flavoursome kitchen herbs to optimize wellbeing. You'll learn how to use nutrient-rich herbs in meals and heal everyday ailments with simple tips. Find out how to grow, harvest and store 25 common edible herbs indoors or out, with actionable step-by-step instructions and recipes. The guide includes a comprehensive glossary and references for further reading, so you can layer your learning over time.

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