



My 100 Favourite Herbs

Margaret Roberts

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My 100 Favourite Herbs Margaret Roberts

Margaret Roberts is a household name in the field of natural products that enhance health and well-being. My 100 Favourite Herbs draws on the established success of Margaret's earlier work, adding and updating information about the popular practice of growing one's own herbs and using them in the kitchen, as well as to produce health and beauty products. A hands-on, practical book, it allocates a generous double-page spread to most herbs. Margaret instructs how and when to plant, grow and harvest herbs, and introduces recipes, both culinary and cosmetic. Writing in an easy, down-to-earth manner, she laces her advice with personal anecdotes and historical snippets. The text is enlivened by her delicate line drawings, as well as bright, detailed photographs to aid identification, making an elegant book that will become a classic in many homes. For anyone interested in the satisfying hobby of growing herbs, and in using them to enhance their cooking and health, this is an indispensable guide.

REVIEWS

"*My 100 Favourite Herbs* by Margaret Roberts is a compendium of anything you could ever want to know about growing and using herbs. The 100 favourites of this author, who is a well-known authority on natural products and remedies, are listed from A - Y . With each plant, which is shown in full color, one or more full pages of clear and simple instructions follow, giving the history of the plant's use, how and where to grow it, it's culinary, medicinal, household, and cosmetic uses. Margaret tells how to preserve each of these by drying or freezing and how to self-propagate so you have other plants to use or give as gifts or sell. There are recipes using all natural ingredients for each herb which are simple to prepare, as effective as popular commercial products, and sooo much more healthful and less expensive. For any gardener or natural product enthusiast, this is your Herbal Bible! And fascinating to read for anyone else! A wonderful and useful book for every home! This book could be the perfect guide for starting your own home based business, as natural, healthy is the way the world is going. "

Bonnie Neely, Amazon Top Reviewer, 2013/01/10

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Crystal Lavigne:

People live in this new moment of lifestyle always attempt to and must have the time or they will get lot of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not just a robot. Then we consult again, what kind of activity have you got when the spare time coming to a person of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative inside spending your spare time, the particular book you have read is usually My 100 Favourite Herbs.

Helen Christopher:

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