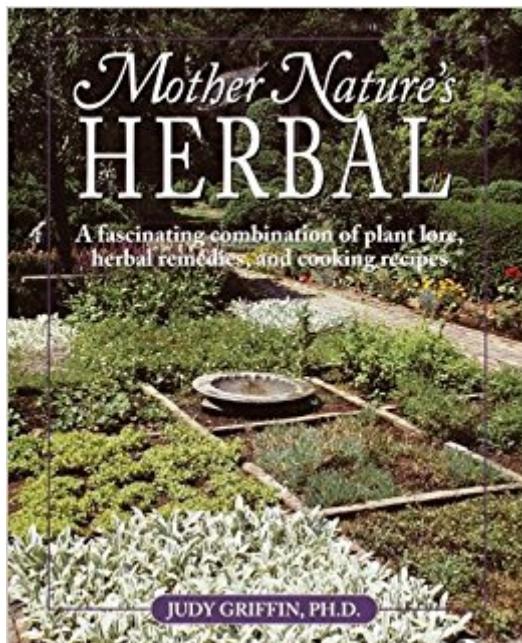


The book was found

Mother Nature's Herbal



Synopsis

Mother Nature's Herbal is a practical and entertaining herbal journey of discovery. Herbs and their uses are a part of our cultural heritage, from Colonial America's Dandelion Wine, to the Ginger Zucchini Carrot Cake of Chinese New Years celebrations. Judy Griffin, master gardener and herbalist, teaches you how to develop a deeply rewarding friendship with herbs, including:

• Oriental secrets of longevity • How to organically grow herbs • Garden plans and growing charts • Western folk wisdom • Herbs for your kitchen • Herbs for your medicine cabinet • Mediterranean herbal vegetarian recipes • East Indian herbal remedies

Mother Nature's Herbal is an invaluable guide to natural health and well-being.

Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (6 customer reviews)

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Customer Reviews

Dr. Judy Griffin provides a comprehensive guide to the herb world in Mother Nature's Herbal, her latest book. A master gardener, herbalist, and certified horticulturist, Griffin explains everything from how to start seeds in properly amended soil to harvesting and using the leaves, flowers, and berries of each plant optimally. Her book is part of Llewellyn's Whole Life Series, which focuses on holistic living. Griffin describes each herb fully, using common and botanical names. Delving into folklore, she presents historical and contemporary uses of many plants. She also provides cultural information on the use of herbalism (plant medicine) through the centuries, including Ayurvedic (Indian), Chinese, medieval, Mediterranean, and Native and South American remedies. Griffin wrote Mother Nature's Herbal for "those who are ready to learn and experience the beauty, knowledge, and synergy of everything that grows." She adds that "I emphasize companion planting, kitchen

gardens, and herbal repellents." Her book includes more than 200 recipes, ranging from Mango Salsa to Ginger Zucchini Carrot Cake to Pesto Genovese to the Nobody Loves Me Tonic, for when "life has let you down and no one seems to care." Health recipes encompass an abundance of tonics, as well as recipes for skin and hair care, therapeutic baths, and simple medicinal remedies. Food recipes include butters, vinegars, marinades, oils, and seasoning blends. She devotes one chapter to the use of essential oils and flower remedies. Pen and ink drawings of 102 herbs garnish the pages, along with 24 color photos.

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