



Herbarium

Caz Hildebrand

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An extremely stylish illustrated encyclopedia of herbs designed to enrich our understanding of all their uses, from cooking to medicine?an ideal gift and a must-have for your own kitchen

Herbs are all about living well, from enriching a meal to treating an illness. Sacred, almost mystical qualities have often been associated with their long history of curative and ritualistic practices. Today, as a wider variety becomes more accessible, and their properties receive more attention, we can benefit from a fuller understanding of the power of herbs.

Herbarium explores the histories, associations, and uses of 100 herbs, as well as providing ideas for how each herb can be used to improve both food and well-being. Each entry features a specially commissioned illustration with texts that include the botanical name, place of origin, varieties, and areas where the herb is most commonly grown. The essence of each herb is explored in a brief history peppered with interesting anecdotes, complemented by suggestions of classic combinations and helpful tips for gardeners. A reference section includes advice on how to grow and keep herbs, herb-food pairings, and using herbs for health and beauty treatments.

A contemporary reboot of the traditional herbarium, this book will expand readers' knowledge, improve culinary skills, and enhance their appreciation of the incredible world of tastes offered by herbs.

100 illustrations in color

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