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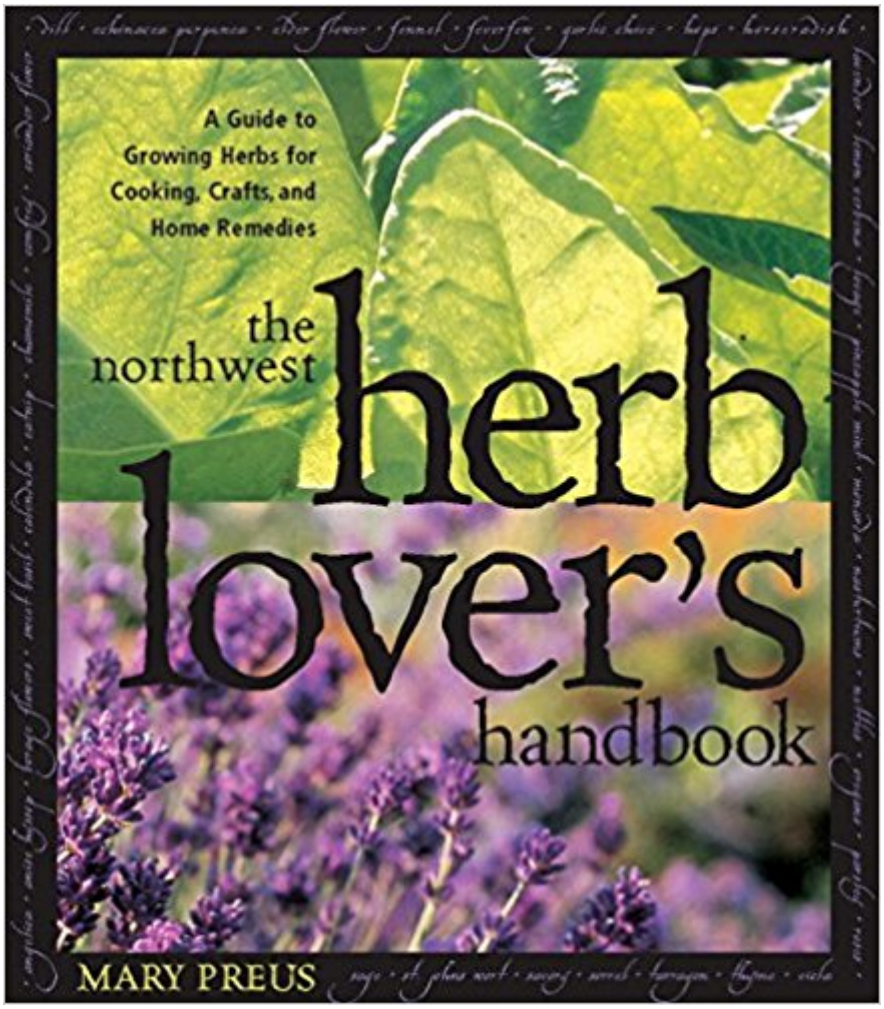
Northwest Herb Lover's Handbook: A Guide To Growing Herbs For Cooking, Crafts, And Home Remedies



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Synopsis

The soothing smell of lavender, rosemary's piney flavor, the bright colors of nasturtiums . . . herbs are wonderful things! In this handsome volume, Mary Preus provides a delightful entree into the world of herbs with detailed instructions on how to grow 50 of the most popular herbs and create an herbal lifestyle. Easy and delicious recipes, herbal crafts and gifts, landscaping with herbs, traditional and modern medicinal use, aromatherapy--it's all here in The Northwest Herb Lover's Handbook.

Book Information

Paperback: 272 pages

Publisher: Sasquatch Books (February 29, 2000)

Language: English

ISBN-10: 1570611726

ISBN-13: 978-1570611728

Product Dimensions: 7.1 x 0.7 x 8.1 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,675,031 in Books (See Top 100 in Books) #77 inÃ Â Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Region > Pacific Northwest #760 inÃ Â Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs

Customer Reviews

Mary Preus, author of Growing Herbs, owned and operated the Silver Bay Herb Farm in Silverdale for 20 years. She has sold her products at the Pike Place Market and taught classes on growing and using herbs. Preus lives in Seattle.

Excellent reading, especially as we are certified organic growers of botanicals, selling them to a distiller and attempting to learn more about herbs as we go. This was all about the basics, but it did cover scientific names, medicinal, culinary, and cosmetic uses. Originally I borrowed it from the local library, then realized it was a book we needed in our personal home library.

A great read for herb gardeners everywhere. The writing style is light and interesting with lots of ideas for propagation and gorgeous photos of the 50 featured herbs.

This is one of my favorite books and have given as a gift as I feel it is just that great. Fast and Quick delivery.

Very informative

I enjoy gardening, cooking and crafts. The Northwest Herb Lover’s Handbook has it all. I have been enjoying this book very much. Thank You!

This is Mary Preus’ second book about herbs. The first, "Growing Herbs", covered the basics but was limited in scope. This book expands on the first, guiding the reader deeper into the world of herbs as well as describing 50 of the best-known herbs in detail. While the book is focussed on growing herbs in the Pacific Northwest, it would be a useful book for herb lovers anywhere.The writer was for 20 years owner of the Silver Bay Herb Farm in Washington State. In the first 80 pages of the book she shares her extensive knowledge of herb growing basics and of using herbs for cooking, healing and crafts. She includes plenty of recipes that are both imaginative and practical. In this section also she explains how to plan and build different types of herb gardens, and how to harvest and preserve herbs.Most of the book, however, is a detailed look at 50 species of herbs. The writer includes information about planting, propagation, pets and diseases, harvesting and uses for cooking, healing and crafts. I particularly liked the information about the chemical elements found in each species and their value in balanced healing and a healthy diet.This is a thoughtfully written book from a knowledgeable and experienced herb gardener. The book ends with a calendar of seasonal tasks in the herb garden, a list of the herb gardens open in the region, sources for plants and seeds, and publications and societies of interest to herb gardeners.

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This is a very concise and helpful book for the beginning gardener.

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