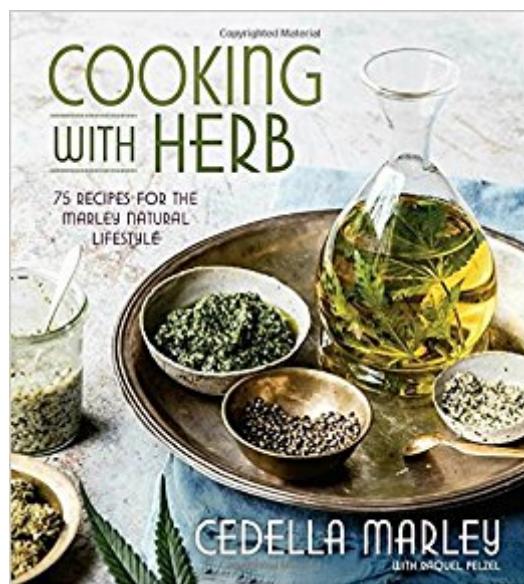


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# Cooking With Herb: 75 Recipes For The Marley Natural Lifestyle



## Synopsis

Cedella Marley shows how cannabis can be part of a clean, green, healthy life, and shares tips first-time users and marijuana devotees can use to enhance their wellness routines and favorite recipes with a natural "Marley high." Cooking with Herb is more than a collection of recipes—it's a lifestyle book reflecting the Marley Natural brand's holistic clean living philosophy. Wellness guru Cedella Marley, the daughter of famed reggae legend Bob Marley and the face of the premium cannabis brand, grew up in Jamaica with the familiar scent of The Herb and experienced its restorative and spiritual properties firsthand. Today cannabis still plays a role in her wellness regimen, whether it's in her hemp-based moisturizer or in a soothing morning tea, and in Cooking with Herb, Cedella shows readers how they too can experience the healing benefits of cannabis safely and pleasurable. She guides readers on the questions they should ask at dispensaries, offers insights on today's more potent weed, demystifies the process behind controlling the dosage of cannabis in edibles, and shares a collection of more than 75 Caribbean-inflected, canna-boosted recipes (along with strategies readers can use to integrate these dishes into their entertaining practices). And because food is only one aspect of Cedella's wellness routine, she also highlights the other ways she uses cannabis, sharing recipes for homemade beauty scrubs and hair treatments— even tips readers can use to elevate their yoga and meditation practices. Filled with practical information, beautiful photography, and Cedella's personal stories about growing up with her famous father, Cooking with Herb will teach readers to use and enjoy cannabis in a manner that's enlightened, respectful, and responsible.

## Book Information

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## Customer Reviews

Cedella Marley is a singer, designer, entrepreneur, and the first-born daughter of reggae singers Bob and Rita Marley. She is the CEO of Bob Marley's recording label, Tuff Gong International, and the author of the children's book One Love. She lives in Miami with her husband and three children.

Great cooking book but I wish there were more photos of recipes, the only 4 out of 5 stars. But overall I am enjoying the book a lot. Also there is body skin care too.

I purchased the Kindle edition yesterday so only had a chance to make the CannaOil and I used the stove top method which Cedella recommended. I really like this book for quite a few reasons: Well written and easy to follow For beginners like me (started using Cannabis for medical reasons) the authors explain the chemical properties and how they work in the real world. For instance, I have heard about dosing sizes 5mg 10mg but did not know how that worked in my home kitchen. The authors explain this. One thing you need to know is how much THC is in the "Herb" in order to ascertain dosing amounts. The recipes are fun and mostly all Jamaican based but I think the ingredients should be easily sourced. You can make the recipes with or without Herb. There are lots of anecdotes about the Marley family. I look forward to trying some of these recipes and it also gave me information how to incorporate Herb in other dishes. This book is great for beginners like me and I think people already knowledgeable about Herb could have fun with the recipes. It has just enough information to not be overwhelmed for beginners.

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