



Essential Herbal Wisdom: A Complete Exploration of 50 Remarkable Herbs

Nancy Arrowsmith

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Popular author and healing practitioner Nancy Arrowsmith takes readers on a fascinating in-depth exploration of the herbal arts. Arrowsmith's friendly voice and vast knowledge of herbal applications, history, and folklore shine through in this herbalism reference work.

As entertaining as it is practical, this comprehensive illustrated herb guide covers everything from herb gathering prayers and charms to signatures for fifty powerful herbs. Each herb is described in detail, with tips on growing, gathering, drying, and storing these marvelous plants, as well as their culinary virtues, cosmetic properties, medicinal merits, veterinary values, and household applications.

Along with thought-provoking bits of folk history and literary and spiritual references to herbs and nature, this directory includes step-by-step instructions on cooking with herbs and preparing herbal remedies, as well as gardening hints and seed-saving tips.

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