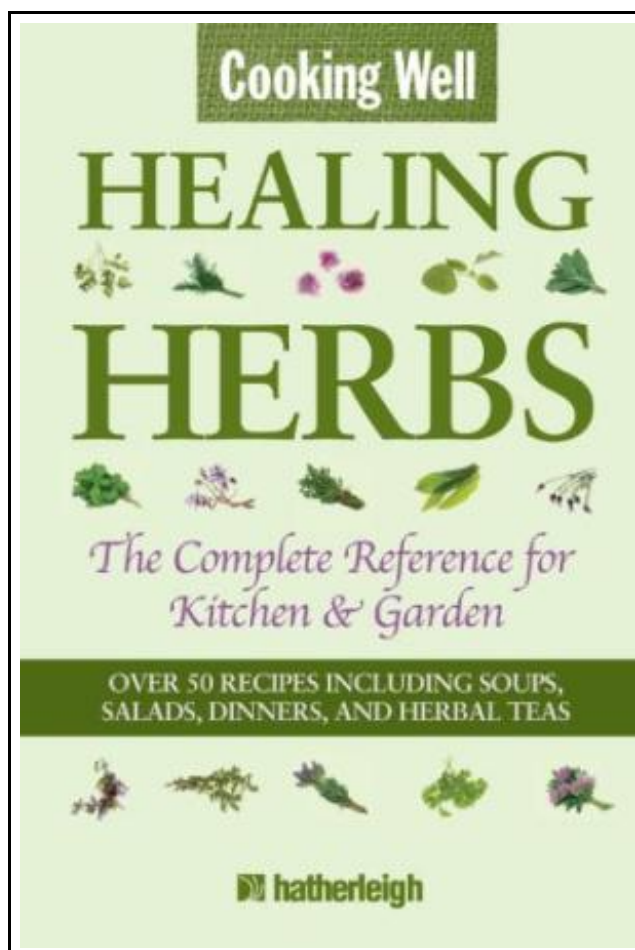


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COOKING WELL: HEALING HERBS: THE COMPLETE REFERENCE FOR KITCHEN GARDEN



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Hatherleigh Press, United Kingdom, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. Enjoy the Healing Powers of Herbs with Over 50 Simple and Delicious Recipes! Let thy food be thy medicine and thy medicine be thy food. --Hippocrates Countless cultures throughout history have used herbs for their unique flavors as well as for the treatment of various conditions and ailments. Now, with the recipes in Cooking Well: Healing Herbs, you can uncover the beneficial properties of a wide variety of herbs in these easy-to-use recipes! Cooking Well: Healing Herbs features more than 50 healthy recipes including: * Black Bean Soup with Lime and Cumin * Chayote Squash Soup with Cilantro Sour Cream * Marinated Chicken Tarragon * Honey Mint Yogurt * Plus an assortment of herbal tea recipes such as Cold and Flu Tea Cooking Well: Healing Herbs also includes: * Health benefits on 25 essential herbs * Tips for starting your own healthy herb garden * Instructions for creating your own at-home aromatherapy oils Whether you re looking to ease the symptoms a specific condition, seeking to energize or relax using herbs in tea, or just want to create tasty, healthy meals for yourself and your family, Cooking Well: Healing Herbs is the perfect resource for anyone interested in harnessing the powers of delicious, healthful herbs.



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