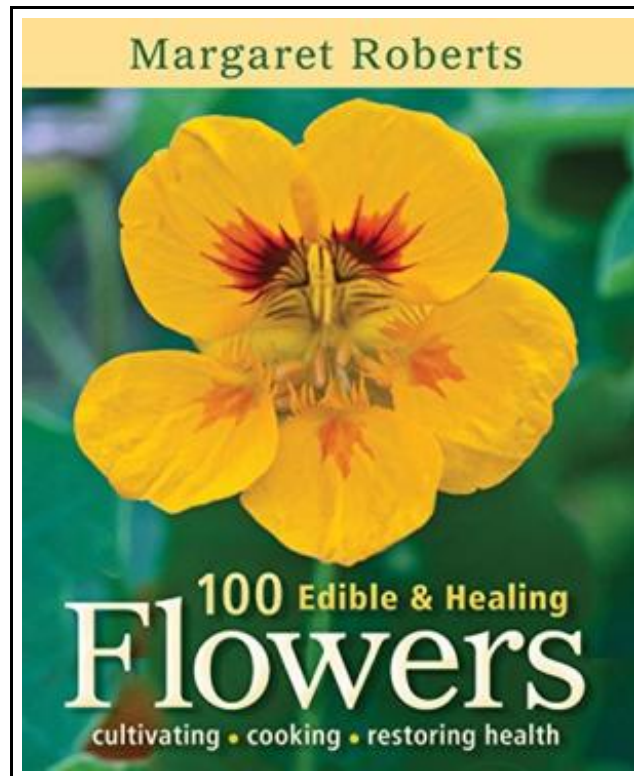


## 100 Edible Healing Flowers (Paperback)



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***(Lizeth Witting)***

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Struik Publishers (Pty) Ltd, South Africa, 2014. Paperback. Book Condition: New. New. 248 x 208 mm. Language: English . Brand New Book. Margaret Roberts shares her secrets for creating an edible garden that will not only nurture and heal the body with the health-giving plants it produces, but will also be a place of beauty to nurture the soul. Each plant is dealt with in detail, with advice on the best conditions for growing it, and how to harness its healing and culinary potential. The recipes are easy to prepare and range from health-boosting soups and salads to mouth-watering desserts and party fare. And there s a wide range of medicinal and cosmetic preparations, from teas and tonics to creams and lotions. Beautifully presented and packed with information. REVIEWS Roberts offers this colorful encyclopedia of herbs and flowers with descriptions of their therapeutic and culinary uses. A thumbnail table of contents and enthusiastic introduction precede a guide to planning, compost, mulching, and propagation of plants. The flowers and herbs are then covered in alphabetical order, with entries discussing history, cultivation, and medicinal use, and providing recipes for medicinal, cosmetic, and food items that include it. A therapeutic quick reference in the back matches plants to ailments, in addition to flower and recipe indices. Protoview (previously known as Book News), 2014/06 Margaret Roberts is a well-known proponent of the use of natural products to enhance health and wellbeing. In 100 Edible and Healing Flowers, she encourages readers to create a garden of flowers that can be used in celebrations, in the kitchen, and also to produce medicines and cosmetics. In this hands-on, practical book, Margaret instructs how and when to plant, grow and harvest flowers, and supplies recipes that harness the medicinal, cosmetic and edible nature of these plants. The accessible, down-to-earth text...



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