



# The Complete Illustrated Book to Herbs: Growing, Health and Beauty, Cooking, Crafts

*By Editors of Reader's Digest*

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**The Complete Illustrated Book to Herbs: Growing, Health and Beauty, Cooking, Crafts** By Editors of Reader's Digest

**This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants-from planting and harvesting to cooking and storing-including their health benefits.**

This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know?

- \* Mint can repel ants, flies, mice, and moths

- \* Garlic can seriously lower cholesterol

- \* Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials \*

Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid

Known for alleviating common ailments, herbs are an ancient natural wonder-herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

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