
The Complete Book Of Herbs

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The Complete Book of Herbs *Studio*

With more than 340,000 copies sold in hardcover, this essential, full-color resource is now available in paperback. Revealing the enormous potential of herbs, this sourcebook includes information on planting, growing, and harvesting herbs, as well as the main uses of herbs. It also offers an exhaustive identification guide, recipes, ideas for gifts, and much more.

The Complete Book of Herbs and Spices

The Complete Illustrated Book of Herbs

Growing • Health & Beauty • Cooking • Crafts *Simon and Schuster*

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. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. 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.

The Complete Book of Herbs and Spices *White Lion Publishing*

A beautifully illustrated and researched exploration of herbs and spices: their history, cultivation and uses, both familiar and forgotten. The comprehensive modern herbal lists nearly 300

plants and is complemented by delicate botanical watercolours. Instructions on growing and harvesting herbs, whether in a garden or a window box, are supplemented with practical applications: herbs in cooking, natural cosmetics, herbal remedies and other household uses - dyes, soaps, potpourris and pomanders. The book is illustrated throughout with more than 300 specially commissioned color photographs and step-by-step diagrams. Sarah Garland's original approach and familiarity with the plants she describes make this a book to be used, enjoyed and treasured.

Reader's Digest Essential Book of Herbs *Simon and Schuster*
A full color illustrated guide to growing and using herbs to enhance your health and your cooking. 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. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. 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

Herbs *DK*
The quick and easy photographic guide to herbs of the world--for novices and established enthusiasts alike. This compact visual guide features the highest-quality photographs, capturing the unique details of more than 700 plants used by people around the world in cooking, healing, cosmetics, and even pest control. Each herb's entry includes annotated photographs to highlight the herb's distinguishing features, color illustrations showing a typical specimen of the plant or tree, and the plant's natural habitat and native region to help identify it. Discover what each herb is used for, including applications in food preparation, medicine, beauty treatment, aromatherapy, and crafts, while symbols on every page detail which parts of the plant are used. The introduction covers the anatomy of an herb, reveals how herbs have been utilized throughout history, and explains how we use herbs in the modern world, from medicinal uses to the pleasures of a well-kept herb garden, making it an essential reference for anyone interested in exploring their local forest or cultivating herbs.

The Complete Book of Herbs & Spices: Herbs

The New Complete Book of Herbs, Spices, and Condiments *Checkmark Books*
Lists over one hundred herbs, spices, and condiments, providing information on their nutritional profile, benefits, possible side effects, chemical makeup, and various uses.

The Complete Book of Herbs & Spices *Readers Digest*
A guide to culinary, aromatic, cosmetic, and medicinal plants offers information on the propagation, cultivation, harvesting, curing, and use of three hundred plants

Cook's Guide to Herbs *Southwater Publishing*
A guide to herb gardening, a botanical A-Z of 150 herbs, and

recipes and craft projects to create with them.

The Herb Book

The Most Complete Catalog of Herbs Ever Published *Courier Corporation*
More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

The Complete Book of Home Herbal Remedies

A Holistic Guide to Understanding and Treating Common Ailments with Herbs *Willowdale, Ont. : Firefly Books*
Offers advice on gathering and buying herbs and explores the specific properties and uses of fifty medicinal herbs

The Complete Book of Herbs *Hermes House (UK)*
This is an invaluable and comprehensive resource guide to home herb cultivation that everyone, from herbal enthusiasts to novice gardeners, will appreciate. It clearly explains both modern and traditional growing techniques for successful and rewarding herb gardening at home. Practical step-by-step sequences, complemented by instructive color photographs, demonstrate how to: plan and design a beautiful herb garden; combine herbs for fragrance, healing and cooking; produce a perfect container garden; and grow and store herbs indoors.

Homegrown Herbs

A Complete Guide to Growing, Using, and Enjoying More than 100 Herbs *Storey Publishing*
Enjoy a thriving, fragrant herb garden and use your harvest to bring beauty, flavor, and health to your everyday life. Tammi Hartung provides in-depth profiles of 101 popular herbs, including information on seed selection, planting, maintenance, harvesting, and drying. Hartung also shows you how to use your herbs in a variety of foods, home remedies, body care products, and crafts. Whether you're a seasoned herbalist or planting your first garden, Homegrown Herbs will inspire you to get the most out of your herbs.

The Natural Pregnancy Book, Third Edition

Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices *Ten Speed Press*
A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

The Complete Book of Herbs

A Practical Guide to Cultivating, Drying and Enjoying More Than 50 Herbs

The Complete Medicinal Herbal *Dk Pub*

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

Brevertton's Complete Herbal *Quercus*

Brevertton's Complete Herbal is a modern reworking of Culpeper's classic reference guide, Culpeper's Complete Herbal. Arranged alphabetically, this book describes over 250 herbs and spices as well as feature entries on scented herb/medicinal gardens, the great herbalists and New World Herbs not included in Culpepper's original text. Each entry provides a description of the herb: its appearance and botanical features, a brief history of its uses in medicine, dyeing and cuisine to bizarre remedies and concoctions designed to get rid of all manner of real and imaginary ailments. As informative as it is entertaining, this incredibly diverse compendium contains just about everything you'll ever need to know about the properties and provenance of herbs and spices of the world. From amara dulcis to yarrow, all-heal to viper's bugloss, Brevertton's Complete Herbal is a modern day treasury of over 250 herbs and their uses.

The Complete Book of Herbs in Australia

The definitive sourcebook for growing, harvesting and cooking *Simon and Schuster*

Jekka McVicar is passionate about herbs and this passion permeates her authoritative and immensely practical book. Here she covers over 150 herbs – from the most common such as mint and basil to the more exotic, such as turmeric and lemon grass. For each herb she outlines various species, its history, cultivation, propagation and harvesting and then looks at cosmetic, medicinal and culinary uses, with over 250 recipes. Having grown herbs for over 30 years, Jekka knows the most common pitfalls to avoid. She offers plans for planting herb gardens, be it for aromatherapy or cooking, and guidance on propagation, harvesting, herbs in containers, pests and diseases as well as a yearly calendar. This definitive sourcebook is the herb gardener's essential companion.

A Kid's Herb Book *Author's Choice Publishing*

A creative blend of information, projects, activities, preparations, colour-in artwork, stories, songs, lore and interesting herbal tidbits. This book will help parents and their children learn about herbs.

Complete Book of Herbs in Australia

Synopsis coming soon.....

Jekka's Complete Herb Book *Kyle Books Limited*

Herbs.

New Book of Herbs *Prentice Hall*

A unique and innovative combination of cookbook, gardening guide, and organic reference, "New Book of Herbs" illustrates how growing and using fresh herbs can enhance one's home, health, and garden.

The Complete Book of Herbs *Lorenz Books*

The Complete Book of Herbs contains over 600 full-colour, step-by-step photographs and artworks. Practical advice is given on every aspect of growing herbs, from propagation, pruning and

training to tips on designing a herb garden. '

The Complete Book of Vegetables, Herb and Fruit in Australia

The Definitive Sourcebook for Growing, Harvesting and Cooking

Herb Gardening for Beginners

A Simple Guide to Growing and Using Culinary and Medicinal Herbs at Home *Rockridge Press*

Create a successful herb garden at home with this beginner-friendly guide One of the best things about herbs is that you don't need a large plot of land--or even any outdoor space at all--to grow them successfully. Whether you're envisioning a small container garden in a sunny window or a raised bed in your yard, Herb Gardening for Beginners provides all the information you need to cultivate herbs for a wide range of purposes. You'll find step-by-step instructions and troubleshooting guidance for every stage of the process, from planning your garden to harvesting and using your herbs. Intro to herb gardening--Learn the benefits and uses of herbs, different planting options, essential gardening tools, and indispensable tips for success. Herb profiles--Find detailed breakdowns of 40 common herbs, including seeding information; mature plant size; light, water, and soil requirements; major uses; and safety considerations. 80 recipes--From a Bee Balm Sore Throat Remedy and an All-Purpose Lemon Verbena Cleaner to Turkey Nettle Pot Pie and Caraway Soda Bread, discover all sorts of practical uses for your homegrown herbs. Discover the culinary and medicinal power of homegrown herbs with help from Herb Gardening for Beginners.

The Lost Book of Herbal Remedies

The Healing Power of Plant Medicine *Claude Davis*

304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because

this book contains no less than 800+ other medicinal plants and natural remedies.

The Complete Book of Vegetables, Herbs & Fruit

The Definitive Sourcebook for Growing, Harvesting and Cooking Vegetables

This volume looks at over 1000 plants, providing a history of where the plant comes from, a list of species to choose from, cultivation, propagation and harvesting details, and information on pests and diseases. It also features recipes.

Complete Book Of Herbs

The history of herbs, their uses and methods of cultivation are fascinating and rewarding topics that have much relevance in today's search for a more 'natural' way of life. This beautiful, comprehensive volume provides everything you need to know about herbs and how to use them in just about every aspect of your life. Hundreds of hints, tips, recipes and projects will show you how to ban harsh cleaning chemicals from your home, relieve the symptoms of illness, add sensational flavours to your cooking and much more. In addition, the detailed gardening section will show you how to grow many herbs - saving you money as you bring some of nature's most soothing and practical ingredients into your life.

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

A Novel *LSU Press*

Fresh herbs offer a healthy and delicious way to spice up any meal, but growing and cooking with these delectable plants are endeavors fraught with uncertainty. What herbs will grow year-round on my kitchen windowsill? What foods complement rosemary? Which part of a lemongrass plant has the best flavor? Can I really eat the geraniums growing in my flower bed? This indispensable guide from The Herb Society of America takes the guesswork out of using herbs in the garden and in the kitchen by providing detailed information for cultivating a wide variety of herbs, along with easy-to-follow recipes that will surely impress even the most discerning palate. Ranging from Alliums (onions, chives, and garlic) to Zingiber (ginger), the volume's first section provides horticultural information for each of the sixty-three herbs found in the National Herb Garden's Culinary Garden, including common and botanical names, family, place of origin, hardiness, and general light and soil requirements. Botanical sketches accompany many of the entries. Each entry also includes a short history of the herb, gardening basics, and suggestions for using the herb in your kitchen. Culinary herbs without Generally Recognized as Safe (GRAS) Status are included in a separate section, with an explanation of their history and ornamental value. An informative introduction to this section compares several different definitions of the word herb, explains the advantages of fresh over dried herbs, describes the proper storage and use of spices, and suggests the best timing and methods for harvesting herbs. In the second part of the book, HSA members offer classic and creative recipes for more than two hundred dishes incorporating a variety of herbs. Learn how to use the aromatic and flavorful herbs in your garden to enhance stews and casseroles, create dips and pestos, and add a new dimension to your favorite liqueurs. Among the mouth-watering recipes featured are Lemon Basil Tea Bread, Chicken Linguine with Fennel and Tarragon, Five-Herb Pasta Salad, and Rosemary Fizz. The concluding section of the book contains a fascinating personal tour of the two-and-one-half-acre National Herb Garden,

which lies in the heart of Washington, D.C., at the center of the United States National Arboretum, and of its various themed areas, including the Knot Garden, the Antique and Heritage Rose Garden, the Dye Garden, the Colonial Garden, the Native American Garden, the Beverage Garden, the Medicinal Garden, and many others. Complete plant lists accompany the description of each garden. Green thumbs and gourmets alike will find inspiration in these pages to look at herbs in new ways -- perhaps to see beyond their cupboards and into their own yards for ways to liven up their meals -- and will gain the knowledge and confidence to grow and use herbs effectively. More than a gardening book, more than a cookbook, The Herb Society of America's Essential Guide to Growing and Cooking with Herbs will prove to be an indispensable companion for all herb lovers.

The Complete Home Guide to Herbs, Natural Healing, and Nutrition *Crossing Press*

Echinacea and ginkgo biloba are well-known herbal remedies for common ailments such as colds and memory loss. But the vast majority of herbal aids are underused as treatments or preventatives for everything from insomnia to arthritis to heart disease. In THE COMPLETE HOME GUIDE TO HERBS, NATURAL HEALTH, AND NUTRITION, herbal practitioner Jill Rosemary Davies explains how to promote good health by understanding the body and how it is affected by a wide range of healing plants. She teaches you how to use herbs as potent tools for natural healing as well as how to combine them with nutrition and exercise for a healthy lifestyle. Additionally, you'll find: Sections on cleansings, immunity, life stages, and body systems; a complete A to Z of diseases and treatments; and a section on first aid. Instructions for making your own herbal teas, decoctions, tinctures, ointments, oils, and more. And because the herbs used in this book are widely available in health food stores, drug stores, and grocery stores-some you'll even find growing in your own backyard-incorporating a greater range of beneficial herbs into your life will be all the more simple. Open the book to any page and you'll feel like you've stumbled upon Mother Nature's best-kept secrets.

Herbs & Spices

Over 200 Herbs and Spices, with Recipes for Marinades, Spice Rubs, Oils, and More *Penguin*

Herbs & Spices is the essential cook's companion, now redesigned and updated with all new recipes. A classic reference, the best-selling Herbs & Spices is a trusted resource in the kitchen, with more than 200 unique herbs and spices from around the world showcased alongside gorgeous, full-color photography, flavor notes, and pairings. This new, updated edition includes the newest herbs, spices, and flavorings influencing global cuisine today, plus more than 180 recipes for main dishes, marinades, pastas, pickles, and sauces. Part spice cookbook, part kitchen encyclopedia, Herbs & Spices offers handy seasoning how-tos: How to identify and choose the best herbs, spices, and other flavorings. How to prepare and cook with them to ensure you are making the most of their flavors. How to make your own blends, spice rubs, sauces, and more - then customize them for your family's palate. Herbs & Spices is perfect for beginning cooks just setting up a kitchen, foodies exploring the deliciously exotic mash-ups of today's modern cooking, and experts looking for ways to experiment with new flavor combinations. This practical illustrated reference book gives you all the guidance you need to become a master of seasonings and to make tantalizing food from around the world.

The Complete Guide to Saving Seeds

322 Vegetables, Herbs, Flowers, Fruits, Trees, and Shrubs *Storey Publishing*

A full-color resource explains how to gather, clean and store seeds for 300 different kinds of vegetables, fruits, herbs, flowers, trees and shrubs, as well as how to propagate and care for new seedlings. Original.

The Complete Guide to Growing Healing and Medicinal Herbs

Everything You Need to Know Explained Simply *Atlantic Publishing Company*

This book will guide you through the step-by-step process of learning about and growing your own healing herbs, starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself. The first things you will learn in this guide are the basics of all healing herbs, starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates. Matching the right herbs to your region, you will then be able to start learning about how herbs grow, as well as what they need, what they need from the soil, water, the weather, and feeding. You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing. Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials. Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your newfound gardens.

The Book of Herbal Wisdom

Using Plants as Medicines *North Atlantic Books*

Hailed as a “classic” by leading herbalist Rosemary Gladstar, this botanical compendium provides a wide-ranging history of herbalism and useful guidance for healing with herbs. Matthew Wood is one of the United States’ most renowned herbalists and the author of *Seven Herbs: Plants as Healers*, a watershed book in teaching herbal healing as a part of total wellness. With *The Book of Herbal Wisdom*, he continues and expands this study, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese medicine, and Native American shamanic botany. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic practice. An initial section describes signatures, similar, and patterns in these traditions, and elements, temperaments, and constitutions. Wood has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalog of plants for medicinal uses. His clinical observations of his patients bear the wry wisdom of the country doctor; his love of plants is evident in lush botanical descriptions, which show the connection between remedies—whether homeopathic, Chinese, or Native American—and the plants from which they are derived. An introduction to centuries of lore about healing from indigenous traditions, *The Book of Herbal Wisdom* integrates and describes North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism like no other contemporary botanical compendium.

Grow Your Own Herbs

The 40 Best Culinary Varieties for Home Gardens *Timber Press*

Nothing tastes better than herbs harvested fresh from the garden! *Grow Your Own Herbs* shares everything you need to know to grow the forty most important culinary herbs. You’ll learn basic gardening information, including details on soil, watering, and potting. Profiles of 40 herbs—including popular varieties like basil, bay laurel, lemon verbena, tarragon, savory, thyme, and more—feature tasting notes, cultivation information, and harvesting tips. Additional information includes instructions for preserving and storing, along with techniques for making delicious pastes, syrups, vinegar, and butters. If you are new to gardening, have a limited space, or are looking to add fresh herbs to their daily meals, *Grow Your Own Herbs* is a must-have.

The Complete Idiot's Guide to Spices and Herbs *Penguin*

An introduction to the culinary uses of more than 150 different herbs and spices furnishes a variety of recipes, trivia, storage tips, and a resource guide on where to locate hard-to-find spices.

The Cook's Herb Garden

Grow, Harvest, Cook *Penguin*

From your garden to your table, and every step in between, this lovely ebook will guide you through planting, growing, harvesting, and cooking herbs. There's a visual index of 120 culinary herbs and more than 30 delicious recipes to make with them. You'll be able to prepare your own salad dressing, marinades, flavored butter, pesto, herbal teas, and cordials, and add seasoning to your favorite meals. Whether you have a vegetable garden or want to fill some plant pots or window boxes, this book provides all the advice you need to start growing herbs. It gives you beneficial information on which herbs do well in different environments and situations. Learn the groups of herbs that like to grow together and create different selections like Mediterranean, everyday essentials, and salad herbs. Become an expert gardener with this compendium of herb cultivation. You'll find out when to plant the seeds and how to nurture them as they grow. There's helpful advice on how to keep pests away. Once you have harvested your herbs, learn the different ways you can store them for future meals, like freezing or drying them. Try your hand at the recipes to experience and enjoy the wonderful herbs you've grown. This library of herbs includes notes on their flavor and partner charts, which tell you which herbs go well with different dishes and drinks. You will know the best places to use your herbs and how to make exciting things with them. Master Gardener to Master Chef This is an essential ebook for anyone who wants to spice up their dinners with more flavor, make refreshing drinks, or learn how to partner with different flavors. Enjoy this special kind of recipe ebook that will help you create your own herb garden, so that every herb you use in the kitchen, you have the pleasure of growing it yourself. An especially thoughtful gift for the gardener or chef in your life. - 120 different culinary herbs, with stunning photos and clear descriptions. - Four sections with advice on how to plant, nurture, harvest, store, and cook with these herbs. - More than 30 recipes for hot and cold drinks, condiments, dressings, and many sensational meals.

The Encyclopedia of Herbs

A Comprehensive Reference to Herbs of Flavor and Fragrance *Timber Press*

This meticulously researched compendium provides every aspect

of growing, identifying, harvesting, preserving, and using more than 500 species of herbs. Thorough profiles provide a plant's botanical name and family, whether it is an annual or perennial, its height, hardiness, light requirements, water consumption, required soil type, and pH. The often fascinating history of the plant, the chemistry of its essential oils, and its culinary, landscape, and craft uses are also included, as is advice on how to propagate. For the first edition of their work, both authors received The Gertrude B. Foster Award for Excellence in Herbal Literature from the Herb Society of America. This new edition adds important species and includes updated nomenclature.

Handbook of Medicinal Herbs, Second Edition *CRC Press*

Still considered the definitive work on medicinal herbs and their uses after two decades, the Handbook of Medicinal Herbs has undergone a long-anticipated revision. In the second edition, world-renowned ethnobotanist James A. Duke provides up-to-date data on over 800 of the world's most important medicinal plant species. The book contains more species, phytochemicals, proven indications, folk indications, and dosage data than the first edition in a new easier to use format. The in-depth content, the

addition of color plates and over 200 black and white illustrations makes this book the most comprehensive resource on medicinal herbs available. NEW IN THE SECOND EDITION: · Over 100 color plates, 4 color maps · Over 200 black and white illustrations · Over 800 medicinal plants — more than twice as many as the previous edition organized alphabetically by common name · More herbs from the African, Ayurvedic, Chinese, and Jamu traditions EASY ACCESS TO INFORMATION YOU NEED Designed to give you fast access to the information you need on a regular basis, this new edition is organized more systematically than any other medicinal herb publication. The entries are now arranged alphabetically by common name with the scientific name in parenthesis. Major synonyms are also provided. · It has become increasingly clear that there are hundreds of biologically active compounds, often additive or synergistic, in all our plants, foods, spices, herbs, medicinal, and poisonous plants. The debate continues on how these plants work and how they should be used. Blending scientific fact with folk uses and the author's personal experience, Handbook of Medicinal Herbs, Second Edition provides the most well rounded discussions of safety, efficacy, toxicity, and rational use found in any herbal reference.