



National Geographic Complete Guide to Herbs and Spices: Remedies, Seasonings, and Ingredients to Improve Your Health and Enhance Your Life

Nancy J. Hajeski

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A household necessity, COMPLETE GUIDE TO HERBS & SPICES offers everything you need to know about how herbs and spices can enhance your cooking and improve your life. Learn to use lavender to soothe headaches, plant your own mint for a refreshing addition to any tea, or whip up a batch of Dutch cinnamon cookies. Whether you harvest from your own garden or stock up at the grocery store, this robust guide is your go-to for recipes, natural remedies, preventative therapies, and more. This book combines scientific information, like the physical effects of herbal aromas, with practical advice, like how to dry flowers and herbs for a fragrant potpourri—all with elegant and vibrant photography of all herbs and spices included. Covering more than 100 herbs, spices, and seasonings, this useful compendium is one is one to turn to again and again.

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