



100 Edible & Healing Flowers: Cultivating, Cooking, Restoring Health

Margaret Roberts

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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 is spiced with personal anecdotes and information about the historical use of flowers in herbalism. Colourful photographs aid identification, and Margaret's delicate line drawings add an appealing touch of whimsy to this elegant book."

City Farmer News, 2014/06

"*100 Edible and Healing Flowers* by Margaret Roberts is the most magical book and I believe one could live a very healthy life by using the advice in this book. The photos of each flower are gorgeous, and Margaret tells how to cultivate and harvest each one and how to use its goodness not only to beautify your garden and home but also how to cure many ills. Each flower is listed with the ways to treat the ills that it helps heal. The many recipes that are included are for both foods and medicinal uses of the lovely flowers. These must be grown organically in order to be safe for consuming, and Margaret tells even the novice gardener just how to do this. For anyone, this book is TERRIFIC!"

Bonnie Neely, Amazon top reviewer, Real Travel Adventures, 2014/06/28

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Mary McDonald:

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