



My 100 Favourite Herbs

Margaret Roberts

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My 100 Favourite Herbs Margaret Roberts

Margaret Roberts is a household name in the field of natural products that enhance health and well-being. My 100 Favourite Herbs draws on the established success of Margaret's earlier work, adding and updating information about the popular practice of growing one's own herbs and using them in the kitchen, as well as to produce health and beauty products. A hands-on, practical book, it allocates a generous doublepage spread to most herbs. Margaret instructs how and when to plant, grow and harvest herbs, and introduces recipes, both culinary and cosmetic. Writing in an easy, down-to-earth manner, she laces her advice with personal anecdotes and historical snippets. The text is enlivened by her delicate line drawings, as well as bright, detailed photographs to aid identification, making an elegant book that will become a classic in many homes. For anyone interested in the satisfying hobby of growing herbs, and in using them to enhance their cooking and health, this is an indispensable guide.

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