



The Healing Herbs Cookbook

Pat Crocker

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Recipes that reflect the vibrant taste that only fresh culinary herbs can give.

Some of the most medicinally potent herbs and spices sit within arm's reach -- on your kitchen spice rack. This book will undoubtedly pique your interest in herbs, both culinary and medicinal.

There's growing scientific evidence for the medicinal value of herbs and this in turn is putting herbal remedies into mainstream consciousness. The recipes in this book are designed to give you many ways to present wholesome, healthy food into your everyday meals and which feature fresh herbs. Home cooks will discover how fresh herbs not only fill the flavor gap but provide many healing and holistic benefits and will learn to prepare food that contains vitality, is seasonal and indigenous to our environment.

Herbs are more than just medicinal plants -- they also happen to be delicious! Here you'll find 115 vegetarian recipes -- ranging from soups and starters to desserts and beverages. All incorporate whole, natural ingredients with a wide variety of healing herbs. The recipes are easy, accessible, and full of appetizing tastes and textures. Sensational recipes include Three-Bean Enchiladas with Green Tomato and Apple Salsa, Fettucine with Fiddleheads in Thyme Vinaigrette, Leek, Onion and Garlic Tart, Fall Vegetable Paella, and Ginger-Echinacea Jam.

But that's not all. In addition to the delicious recipes, *The Healing Herbs Cookbook* provides a wealth of useful information on preserving and cooking with herbs, as well as a comprehensive reference on over 30 herbs and their medicinal properties. From Elder and Echinacea, to Garlic, Licorice and Thyme -- discover how to recognize them, grow them, their healing properties, availability, uses in cooking and even folklore.

With a list of herbal organizations, mail-order sources, glossary and herb specific recipe index, this is the ideal book for people who want to bring the benefits of healing herbs into the kitchen.

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