

From the Herbal Bookshelf

Rodale's 21st Century Herbal: A Practical Guide for Healthy Living Using Nature's Most Powerful Plants by Michael J. Balick, Ph.D. New York: Rodale, Inc., 2014.

The author brings a lifetime of experience as a scientist, ethnobotanist, and global plant explorer to this important reference guide to herbs. Designed for the novice to herbs as well as a great read for those with more experience.

After an interesting journey to explore the history of herbs and their many uses by people for thousands of years, the author delves into an A-Z encyclopedia listing 180 of the most useful herbs from around the world and outlines the remarkable qualities of these plants. He outlines how you can use these plants for beauty and bath, for creating delicious meals, for cleaning, scenting, and decorating your home, and for improving health and relaxation.

In addition. You will find gardening and growing advice for herbs along with garden designs to help create attractive herb gardens.