



Herbs for Healing and Cooking Box Set: A Guide to Drying Herbs for Healing and Food Spice Mixes (Medicinal Herbs & Homesteading)

Carmen Haynes, Amber Powell

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Herbs for Healing and Cooking

How to Make Dried Herbs: Drying Herbs for Natural Healing

This book is your key to learning how to dry herbs to use for healing and health. The magic thing about herbs is that you can use them in conjunction with conventional medicines (with some exceptions) and can even incorporate them into your daily life as part of your food so it's like you are taking delicious medicine with astounding benefits. Some herbs are easier to dry than others, and we discuss that here. Some herbs are best grown from home and then harvested so that you know not only what kind of care that they have received but that they are at their optimum health levels. This book will cover which herbs are best for home growing and which are easiest to dry. It will also cover the best methods for drying herbs including superfast methods which you are pressed for time and slower methods which preserve more of the antioxidants, nutrients and medicinal qualities of each herb.

Here is a preview of what you will learn from this book:

- How simply adding more herbs to your regular meals can be beneficial.
- The real benefits of growing herbs including the benefits of tending a garden.
- The real discussion about what you can realistically help with the use of herbs and what you cannot.
- How certain herbs can interfere with your medications and how to avoid these interactions.
- The many methods of drying your herbs plus some additional methods of storing herbs for long-term use.
- The best ways to store your herbs once you have dried them.

Whether you are a novice or experienced with the use of herbal medicine this book will be a great benefit and will show you how to get the most of all of the best herbs around.

Seasoning and Spices Cookbook: A Guide to Making Easy 30 Homemade Spice Mixes to Transform Ordinary Meals into Great Dishes

You now have the power to turn boring and bland tasting dishes into scrumptious meals that you, your friends and family will crave for over and over. Seasoning and Spices Cookbook will open doors for you to experience new taste sensations that you, probably have not tried or sampled before. You will be encouraged to try adding spices and other seasonings to the dishes that you are cooking – not just to add more flavor to your meals, but to also open your eyes to bolder and more robust tastes.

Cooking is and will always be part of life, without it, food preparation will be completely monotonous and sometimes droning, especially for those who are not that adventurous in the food they eat. Spices, herbs, and seasonings are here to save your kitchen experiences and make more memorable and heartier meals for your loved ones.

Here is a preview of what you will learn from this book:

- Seasoning and spices, including what they are and their uses.
- Top tips on how to choose, make your own and store the spice blends that you will be making.
- Over 30 spice blend or mixes that you can make in the comforts of your own home.
- The advantages of making homemade spices instead of buying commercially or mass produced ones.

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Have you spare time for a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a walk, shopping, or went to the actual Mall. How about open as well as read a book called Herbs for Healing and Cooking Box Set: A Guide to Drying Herbs for Healing and Food Spice Mixes (Medicinal Herbs & Homesteading)? Maybe it is to become best activity for you. You recognize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have additional opinion?

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Karen Partain:

As we know that book is vital thing to add our know-how for everything. By a guide we can know everything we want. A book is a set of written, printed, illustrated or even blank sheet. Every year seemed to be exactly added. This publication Herbs for Healing and Cooking Box Set: A Guide to Drying Herbs for Healing and Food Spice Mixes (Medicinal Herbs & Homesteading) was filled concerning science. Spend your extra time to add your knowledge about your research competence. Some people has various feel when they reading a new book. If you know how big benefit from a book, you can experience enjoy to read a publication. In the modern era like currently, many ways to get book which you wanted.

Robert Schrader:

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confuse with what must you're doing of that time.

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