



The Modern Herbal Primer: A Simple Guide to the Magic and Medicine of 100 Healing Herbs (Old Farmer's Almanac Home Library)

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"Times change but herbs don't." Ginseng may be new to some of us, but it's not new at all. The use of herbs dates back to ancient times, when people relied on their knowledge of the plants particular to their region for healing and cooking. Today, herbs take the place beside more conventional medicines in pharmacies, grocery stores, and kitchen cabinets. From the editors of the Old Farmer's Almanac comes this invaluable resource for anyone interested in the historical and contemporary uses of herbs for healing. Arranged by herb with a cross-reference to ailments, The Modern Herbal Primer explains the history, uses (medicinal, culinary, and other), cautions, and horticulture of hundreds of common herbs. Also includes instructions for growing.

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