



The Complete Book of Herbs & Spices

Brenda Little

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The Complete Book of Herbs & Spices Brenda Little

This practical guide gives instructions on all things herbs-and-spices—from cultivating and drying to proper storage—and additionally provides a dictionary with descriptions, illustrations, and uses for more than 130 herbs and spices. Recipes and cooking advice are complemented by tips for using herbs and spices medicinally and cosmetically. Sized for maximum ease of use, this sourcebook is a necessity for anyone wanting to add zest and seasoning to both their meals and lives.

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