

# A better choice!

Quality FRESHNESS Satisfaction

## HERB GUIDE

Use the calendar at the bottom of each item to check seasonal availability. GREEN squares signify the month the herb is available.

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### BANANA LEAF



Gives a subtle sweet flavour and aroma to food that is wrapped and cooked in them. Large seed juices in when cooking, and can also be used for serving.

J F M A M J J A S O N D

### CELERY LEAF



Usually only the stalks are eaten as a vegetable, but the leaves can also be used to add flavour to soups or stews.

J F M A M J J A S O N D

### CORIANDER



Goes with South-East Asian foods such as curries and chutneys. Also use in Mexican dishes, especially salsa, avocado and salads.

J F M A M J J A S O N D

### LEMONGRASS



Widely used in Asian cuisine, this unique flavour can be added to marinades, stir fries, salads, curry pastes and cold drinks.

J F M A M J J A S O N D

### PANDAN LEAF



Widely used in Southeast Asian cooking, its sweet aroma works well in rice dishes, cakes and beverages. Can also use leaves to wrap savoury foods, such as chicken or spicy rice.

J F M A M J J A S O N D

### SPEARMINT



A versatile milder flavour than peppermint. Adds a refreshing cool flavour to cooking, and can be used in tea, hot-drum and salads.

J F M A M J J A S O N D

### BASIL



Great for pesto, pizza, pasta and tomato dishes, and partners well with white fish, soft cheese and olive.

J F M A M J J A S O N D

### CHERVIL



Use to season poultry, seafood, vegetables, omelette, soups and sauces. More delicate than parsley and good for mild flavoured dishes.

J F M A M J J A S O N D

### CURRY LEAF



Most commonly used in Indian dishes. Add to a slow-cooked curry, chutney or infuse in olive oil.

J F M A M J J A S O N D

### MARJORAM



Sweeter and more delicate than oregano, it can be used in larger amounts without overpowering a dish. Use with lamb, vegetables, tomato-based dishes and stuffings.

J F M A M J J A S O N D

### PARSLEY



The decorative flattened leaves make it a popular garnish, and it goes well with egg and potato dishes, pasta, salads, seafood and soups.

J F M A M J J A S O N D

### SORREL



Purp-pour taste when eaten raw. Add to soups, stews, sauces or add leaves straight to a salad.

J F M A M J J A S O N D

### BASIL - THAI



A slightly spicy flavour that works well in green and red curries and other South-East Asian dishes such as chicken, pork and seafood.

J F M A M J J A S O N D

### CHICORY



Bitter taste which can be reduced by grilling or broiling. Adds colour and zest to salads.

J F M A M J J A S O N D

### DILL



Pairs well with salmon, cream cheese, eggs, cucumbers and chicken. Use as a topping for creamy soups, or mix with butter as a topping for boiled potatoes.

J F M A M J J A S O N D

### MINT



Classic uses include mint sauce with roast lamb and to flavour beverages, but also include with chicken, soups and salads for a refreshing taste.

J F M A M J J A S O N D

### PARSLEY - FLAT LEAF



More robust flavour than the curly-leaved variety, and more commonly used in Italian cooking. Add to potatoes, fish dishes, stews, pasta, soups and seafood.

J F M A M J J A S O N D

### TARRAGON - FRENCH



A staple seasoning in French cooking, with a slight aniseed flavour, particularly suitable for chicken, fish and egg dishes, and the essential ingredient in a Boue blanc sauce.

J F M A M J J A S O N D

### BAY LEAF



Most commonly used in Mediterranean cuisines, the aromatic leaves are added to pasta sauces. Remove leaves before serving or use as a garnish.

J F M A M J J A S O N D

### CHIVES



A delicate onion flavour and great for omelette, cream soups, eggs, potatoes, garnish and salads.

J F M A M J J A S O N D

### GALANGAL



The root is most commonly used in Thai, Indonesian and Malaysian cooking. Add to curries and soups, either in chunks or cut into slices.

J F M A M J J A S O N D

### MINT - VIETNAMESE



With a slight peppery taste, it's delicious in salads and great with meat and fish.

J F M A M J J A S O N D

### ROSEMARY



Pairs well with roast lamb, garlic and omelette. A nice addition to bread, tomato sauce, pizza, pork dishes and a good steak. Because of its strong flavour, add sparingly.

J F M A M J J A S O N D

### THYME



With a sweet earthy taste, it pairs well with many other herbs. Use in stews, stuffings, marinades, omelette or scrambled eggs.

J F M A M J J A S O N D

### BETEL LEAF



Popular in Thai and Vietnamese cuisines, the leaf can be eaten raw or cooked. Use in stir-fries, rice dishes, as a wrapping, a garnish, or top the leaf with something delicious.

J F M A M J J A S O N D

### CHIVES - GARLIC



A more garlicky flavour than the common chives. Try stir-frying, sprinkling on soup or pairing with eggs.

J F M A M J J A S O N D

### KAFFIR LIME LEAF



Try adding a whole leaf when cooking jasmine rice, or shred and add to a salad or curry at the end of cooking.

J F M A M J J A S O N D

### OREGANO



A staple in Greek and Italian dishes, but also very versatile. Sprinkle on salads, pizza or slip into pasta sauces. Use it with meats, fish, chicken, eggs, soups and vegetables.

J F M A M J J A S O N D

### SAGE



With a savoury, slightly peppery flavour, it is favoured in stuffings to accompany a roast chicken or turkey. Good with fish, meats, poultry, salads, soups and soups.

J F M A M J J A S O N D

### THYME - LEMON



Softer than regular thyme with a subtle lemon flavour. Try with roast potatoes, mushrooms, seafood or chicken.

J F M A M J J A S O N D

# Medicinal Herb Guide

**Karin Kraft, Christopher Hobbs**



## Medicinal Herb Guide:

**Healing Herbs** Tina Sams, 2015-04 An easy beginner's guide this book provides basic information for the most common healing herbs and what to do with them     A Field Guide to Western Medicinal Plants and Herbs Steven Foster, Christopher Hobbs, 2002 Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses     *A Beginner's Guide for Medicinal Herbs: Improve Well Being, Reduce Pain, Inflammation & Anxiety* Barb Slocum, 2021-06-14 Barb Slocum shows you how simple it is to make herbal remedies using simple and readily available plants These mixtures are safe and have been proven to cure multiple ailments safely Replace your medicines with natural less addictive and healing herbs as a cheaper low cost alternative to healing This guide will teach you how to Basics about healing herbs Preparing herbs used for healing Types of healing herbs Different uses of healing herbs much more Disclaimer This guide is to be used as a reference only If you have any pre existing conditions you should consult a medical professional before using any of these herbal remedies contained within The above information shouldn't be used as a replacement for the expertise of professionals who are in the medical field This author and or rights owner's make no claims promises or guarantees in regards to the accuracy completeness or adequacy of the contents of this book and expressly disclaims liability for errors and omissions in the contents within This product is for reference use only Please consult a professional before taking action on any of the contents found within     *Medicinal Herbs of California* Lanny Kaufer, 2021-12-30 Medicinal Herbs of California is the first statewide field guide to more than 70 common medicinal plants of California This vital addition to the California naturalist's shelf will introduce readers to the principles of herbal remedies history and roots in native cultures scientific information and how to find and incorporate medicinal plants into daily life Inside you'll find Photos and descriptions to help with positive identification Common and scientific names and the plant families Conservation status Modern and traditional uses The science behind natural phytochemicals that have earned these plants a place in Native American medicine for thousands of years     The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs Heather Boon, Michael Smith, 2004 The most current scientific information from the world's leading medical journals Although there is growing consumer awareness of alternative and complementary medicine there is a lack of comprehensive information available on herbal products While pharmacists physicians and other health care professionals sometimes offer advice their patients want more information The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive fully illustrated reference to the 50 most commonly prescribed herbs A complete description of each herb is featured along with its other common names possible adverse effects therapeutic uses for treating illness and disease as well as potential drug interactions Some of the herbs included are Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Turmeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists one a naturopathic doctor using the most current research and clinical testing The authors easy to understand text combined with the latest findings and clear

directions for safe dosages makes this practical reference on medicinal herbs a primary resource of data      **Medicinal Herbs: A Beginner's Guide to Growing and Using Herbs for Both Medicinal and Culinary Purposes - Herb Encyclopedia, Herbs for** Philip J. Adrian,2019-02-10 Medicinal herbs are literally everywhere It is only our duty to identify their importance that has been lost This essential guide contains easy to comprehend useful information on growing preparing and administering about 100 medicinal plants in many different forms including how you can use them to make delicious hearty recipes at home Do you know that Chives is perfect for making sandwiches vichyssoise soups carrots salads cheese souffl s egg dishes baked and mashed potatoes barbecues That Lemongrass is excellent for making Asian and Caribbean dishes Thai and Vietnamese beef and seafood Or that Oregano can be used in tomatoes sauces pates and poultry dishes These are some of what would be found in this book The Medicinal Herbs is the most practical and foolproof way to prepare your own herbal medicines to soothe and heal over 70 common ailments and injuries naturally ailment such as Headache Depression Alzheimer s Diarrhea Indigestion Sore throat Bronchitis Cold Fever Eczema Hair loss and much more In this guide you will also get some useful expert tips and advice on cultivating making and using medicinal herbs to improve your health and overall well being Get a copy of this guide today to improve your health and empower yourself BUY NOW

**Medicinal Herbs** Eric James,2018-12-15 Medicinal herbs are literally everywhere It is only our duty to identify their importance that has been lost This essential guide contains easy to comprehend useful information on growing preparing and administering about 100 medicinal plants in many different forms including how you can use them to make delicious hearty recipes at home Do you know that Chives is perfect for making sandwiches vichyssoise soups carrots salads cheese souffl s egg dishes baked and mashed potatoes barbecues That Lemongrass is excellent for making Asian and Caribbean dishes Thai and Vietnamese beef and seafood Or that Oregano can be used in tomatoes sauces pates and poultry dishes These are some of what would be found in this book The Medicinal Herbs is the most practical and foolproof way to prepare your own herbal medicines to soothe and heal over 70 common ailments and injuries naturally ailment such as Headache Depression Alzheimer s Diarrhea Indigestion Sore throat Bronchitis Cold Fever Eczema Hair loss and much more In this guide you will also get some useful expert tips and advice on cultivating making and using medicinal herbs to improve your health and overall well being Get a copy of this guide today to improve your health and empower yourself BUY NOW      [Pocket Guide to Herbal Medicine](#) Karin Kraft,Christopher Hobbs,2004-04-28 There is an herbal remedy for most ailments and you will find the most important ones in this concise pocket guide Co authored by Karin Kraft one of the members of the German Commission E and Christopher Hobbs a renowned North American herbalist this handy pocket guide gives you the decisive facts about important medicinal herbs taking into consideration both major European monographs Commission E and ESCOP and up to date clinical trials The book goes on to inform the reader on the usage of herbal remedies for a number of common indications The book gives first hand easy to access information on the administration of herbal remedies for the medical

practitioner and herbal therapist alike Profit from the wealth of German tradition extended by North American experience in the usage of herbal medicines      **A Handbook of Native American Herbs** Alma R. Hutchens,1992-11-10 The author of the bible on herbalism returns with a portable guide on North American medicinal herbs for the professional and amateur herbalist alike Based on the now classic reference text *Indian Herbalogy of North America* this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing Through detailed descriptions and illustrations Alma R Hutchens walks readers through 125 of the most useful medicinal herbs found in North America and their uses How to create herbal remedies for common ailments The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs from parsley to thyme to pepper whose tonic and healing properties are less widely known      **The Earthwise Herbal, Volume II** Matthew Wood,2011-07-05 The first part in a comprehensive two volume guide on the use of medicinal plants in Western herbal medicine from an author who has almost forty years of clinical experience The first in a two volume set *The Earthwise Herbal* profiles Old World plants volume two will treat American plants Organized alphabetically the book encompasses all the major and many of the secondary herbs of traditional and modern Western herbalism Author Matthew Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic often illustrated with appropriate case histories He also takes a historical view based on his extensive study of ancient and traditional herbal literature Written in an easy engaging non technical style *The Earthwise Herbal* offers insight into the logic of the plant how it works in what areas of the body it works how it has been used in the past what its pharmacological constituents indicate about its use and how all these different factors hang together to produce a portrait of the plant as a whole entity Ideal for beginners serious students or advanced practitioners *The Earthwise Herbal* is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines      *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* Rosemary Gladstar,2012-04-10 Craft a soothing aloe lotion after an encounter with poison ivy make a dandelion burdock tincture to fix sluggish digestion and brew up some lavender lemon balm tea to ease a stressful day In this introductory guide Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life s common ailments Gladstar profiles 33 common healing plants and includes advice on growing harvesting preparing and using herbs in healing tinctures oils and creams Stock your medicine cabinet full of all natural low cost herbal preparations      *National Geographic Guide to Medicinal Herbs* Rebecca L. Johnson,David Kiefer,Tieraona Low Dog,2010 A resource organized by body system lists the key herbal remedies available their uses and cautionary advice in a book that includes full color photos a glossary and several thematic indexes      *Medicinal Plants, Trees, & Shrubs of Appalachia - A Field Guide* Bill Church,2005-08-27 8 1 2 x 11 format Spiral Bound to lay flat Originally call West Virginia Medicinal Plants Trees shrubs but since these plants are found throughout Appalachia I changed the name to Medicinal Plants Trees Shrubs of Appalachia This book has 107 plants with

descriptions color photos of each plant and a space on the back to record your own notes It tells when the plant flowers what part is medicinal when to gather it and how to use it It describes each plants medicinal properties and what that property means as well as a section on weights and measures and dosages plant parts different types of preparations a flowering calendar and a gathering calendar

**The Apha Practical Guide to Natural Medicines** Andrea Peirce,1999-02-17 The first authoritative home reference for herbs and natural remedies from the nation s largest and most respected organization of pharmacists

**Essential Medicinal Plants** Roland Sheils,2020-12 This Book provides all the basics Herbal Healing starting with a complete breakdown of Essential Healing Herbs health uses and common uses Plants have been used for medicinal purposes long before the prehistoric period Ancient Chinese writings and ancient Unani manuscripts Egyptian papyrus described the use of herbs Evidence exists that Indian vaidas Unani hakims European and Mediterranean cultures were using herbs for over 4000 years as medicine Treatment with medicinal plants is considered very safe as there is no or little effects These remedies are synchronization with nature which is the biggest advantage However the golden advantage is that use of herbal treatment is independent of any age groups or sexes This book will guide you through Importance of medicinal plants Essential type of medicinal plants Benefits of Herbal medicine Herbal medicine precaution Standardization and regulation Adverse effect of herbal medicine and drug interaction Medicinal plants for common ailments Herbal medicine for weight loss Herbal medicine for energy and vitality Herbal remedies for anxiety and depression Learn how you can make various regular treatments for different ailments with your herbs and how you can profit best from these medicinal plants A complete guide to herbs and their healing process consist of remedies for various common ailments such as coughs colds headaches childhood illness digestive problems weight loss energy issues anxiety and depression issues followed by an A to Z used of over 70 medicinal herbs

**The Complete Medicinal Herbal** Penelope Ody,2017-05-30 Complete Medicinal Herbal is a fully illustrated practical guide to the healing properties of herbs The book includes more than 120 medicinal herbs with important therapeutic properties and a section on their historical uses The Complete Medicinal Herbal is a must for every home book shelve All the parts of the plants that can be used medicinally are shown from fresh flower petals or leaves to the root bark and juice Each entry details the plant s chemical constituents its actions and its therapeutic applications from exotic ma huang used in China to treat asthma for 5 000 years to humble cabbage which has been effective against stomach ulcers in clinical tests A special how to section explains the preparation of herbal remedies There are more than 250 safe treatments to help alleviate common complaints from ordinary coughs colds and headaches to special treatments for skin conditions digestive problems and children s illnesses even detailed lists of herbs for the elderly

*The Natural Guide to Medicinal Herbs and Plants* Frantisek Stary,1996

**The Herb Almanac** Chelsea Physic Garden,2021-10-21 A beautiful and accessible seasonal guide to herbalism from the historic botanic garden Discover the best times of the year for growing specific healing herbs and also when and how to forage for wild medicine such as water mint St

John s Wort hawthorn berries and rosehips Recipes are included for how to use these herbs along with folklore stories from herb wives and hedge witches the meanings behind their names and the history of how these natural medicines were discovered There are plenty of tips for how to create your own medicinal herb garden even with just a few pots along with a biodynamic guide for sowing planting and harvesting Including detailed hand drawn line illustrations to help deepen your understanding The Herb Almanac is the perfect gift for any nature lover CONTENTS INCLUDES Introduction Including using herbs as seasonally appropriate remedies and tonics an overview of herbs in folklore wild medicine magic superstition ritual tradition and literature and herbs in religion and floriography the language of flowers Gathering and Using Herbs Including safe legal and successful foraging a brief introduction to growing your own herbs and preparing drying and preserving herbs Witches Brews Poisonous Plants Including an overview of herbs with interesting stories that cannot be easily used e g wormwood hemlock and mandrake Herb Encyclopedia Including detailed information on over 50 different herbs

**The Herbal Handbook** David Hoffmann, 1998-02-01 Well respected herbalist David Hoffmann s comprehensive and practical guide to herbal medicine Discusses the history and modern practice of herbalism including Chinese Native American and Welsh influences Includes a practical reference section listing the effects of various herbs with prescriptions on how to use them for a wide range of illnesses Covers the fundamentals of growing drying storing and cooking with herbs Over 45 000 copies of previous edition sold This compendium of medical herbalism by one of the most eminent herbalists practicing today is both comprehensive and practical Answering basic as well as complicated questions about herbal medicine it provides both the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills A discussion of the history and modern practice of herbalism encompassing the influences of Welsh Chinese and Native American herbal medicine is followed by a practical reference section that lists the various actions herbs have on the body carminative anti inflammatory etc with examples of herbs and their mode of activity in each category Herbal prescriptions for various illnesses are also organized under the main systems of the body so that information can be quickly and easily referenced A final section covers the fundamentals of growing drying storing and cooking with herbs as well as the making of infusions decoctions oils and ointments The author also provides helpful introductions to aromatherapy and plant medicines

**Medicinal Plants of the World** Ben-Erik Van Wyk, Michael Wink, 2004 Health care professionals and amateurs alike will discover fascinating details for historical and modern uses active ingredients and pharmacological effects for more than 300 medicinal plants and their close relatives

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