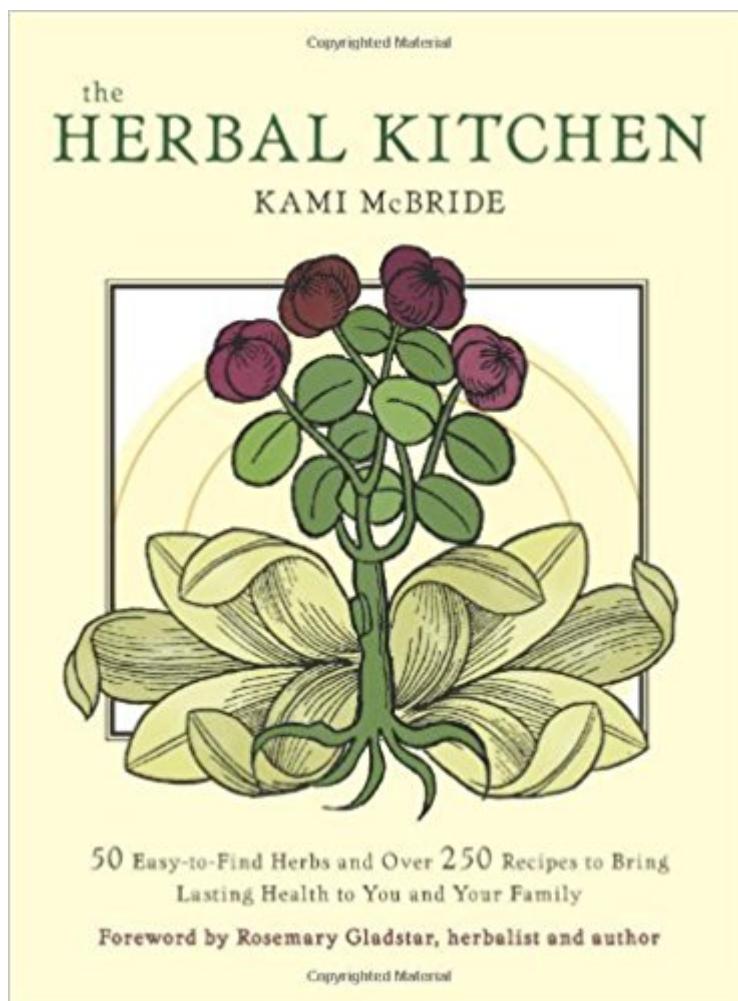


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# Herbal Kitchen, The: 50 Easy-to-Find Herbs And Over 250 Recipes To Bring Lasting Health To You And Your Family



## **Synopsis**

Do you enjoy eating garlic bread? Does oregano always find its way into your spaghetti sauce? Do you garnish potato salad with paprika? Then you are participating in the ancient tradition of using herbs to enhance the health benefits and digestibility of your food. With over 250 recipes for herbal oils, vinegars, pestos, dressings, salts, cordials, syrups, smoothies and more, The Herbal Kitchen provides the information necessary to prepare, store, and use herbs, and create a long term healthcare plan. The Herbal Kitchen will help you to recognize the extraordinary pharmacy that already exists in your own kitchen--one that will boost immunity, heal sickness, enhance energy, and ensure overall health and vitality, all without the need for fancy equipment or specialty products.

## **Book Information**

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## **Customer Reviews**

An enjoyable book. It contains recipes for herbal waters, honey, vinegars, oils, cordials, pesto, facial masks, bath and foot soaks and more using common kitchen herbs and spices. Most of the recipes are easy and don't use exotic ingredients but items you already have in your spice rack. The front portion of the book contains a *materia medica* describing the properties of 50 healing herbs and spices--listing how they're used and even how to grow them in your garden. This book will help you to return health and nurturing back to to your family from the comfort of your kitchen. My family is going to be treated to gifts of inspired blackberry cordials this holiday season!

I found this book at the library and after using it for the month loan, I could't bear to give it back. I immediately ordered it from and have been using and enjoying it ever since. I have many herbs

books, but like this one for the focus on spice herbs used in our kitchens and grown in our gardens. I love the recipe section in the back and the many ideas to utilize these herbs in our diet like herbal honeys, herbal sprinkles, drinks, pesto and smoothies. A must have for every kitchen!

An excellent herbal introduction. A more detailed index would have been very useful as it's difficult for a novice to remember which of the 50 herbs are, for example, rubefacients or emmenagogues. However, it's the recipes that are so amazing. I can't believe how delicious dried orange peels are and how easy (especially with the Gardenmaster food dehydrator I purchased from last year). I'll be making cordials, pesto, flavored honey in many cases from spices and herbs I already have on hand. Having the recipes gives me a starting point and hopefully I will be able to customize my own herbal mixtures.

I really am a fact-seeking, textbook loving person, but I also like color and space in my material, especially if it's a reference I want to enjoy often. I have found that several of my past purchases relating to herbalism were almost clinical looking in their writing and presentation. That does tempt me to want to pick it up and read the nuggets of wisdom inside. This is a nice little book and an easy read (no pharmacopeia, thank goodness), but it doesn't (yet) have a prominent place on my kitchen shelf. I decided to take another look at this book, and find that the remedies are easy to prepare. The cordials, for example, don't involve all the steps for making medicinal wines that I found in another reference. This is because she starts with off-the-shelf alcohol as the base, so for the purist, it is too easy, I suppose. For a beginner like me, though, it is a nice starting point for practice. The variety of recipes, for everything, is good, too.

WOW, so many recipes from the kitchen!!! It has many Herbal recipes, though I was looking for more Medicinal Herbal Recipes. There are some that I will be using in my kitchen and also for Gifts!!! Good Book!!!

I totally loved this book! I read it first from the library and had to buy my own copy. There is a lot of basic information about herbs and what they do for you. The book focuses on normal culinary herbs, so it doesn't require lots of unusual ingredients. You probably have most of the ingredients to make most things already in your kitchen. She doesn't get off into hokey spiritual aspects of the herbs. She just tells how it will help you. The book contains a recipe for thieves vinegar (like the essential oil of a similar name) that is much cheaper than the essential oil. I did have to buy a few

things from the health food store to make that vinegar, but it wasn't expensive. And, even better, when I used the vinegar on myself and my children we either didn't get sick at all or recovered much quicker than usual. In my opinion, this one recipe makes it worth the cost of the book!

Herbal medicine making can seem exotic and intimidating, but with *The Herbal Kitchen* we quickly learn that healing is as close as the spice rack we use every day to season our meals. Part medicine making resource, part delicious cookbook, and part herbal reference book, *The Herbal Kitchen* will quickly become the go-to resource for the home herbalist and from scratch cook looking to boost nutrition, heal common maladies, and generally spice up the meal rotation. I, personally, use it as much for medicine making inspiration as I do for tasty meals. The reference section at the beginning of the book is worn my from repeated research on how to use each and every bit of those herbs and spices that grow in my garden, like mint, or are purchased from far away places, like cinnamon. With *The Herbal Kitchen* there's no need to run to the store for something special to heal that indigestion, headache, or other common issues, it's likely the remedy is already in the pantry. Use those herbs in flavorful sauces, drinks, and more all with a clear understanding of how their flavor and inherent properties can keep you and your home running in tip-top shape in a completely delectable fashion.

Inspirational! Simple ways to incorporate healthful herbs into your daily life. Easy to read and understand. Helpful descriptions and properties of 50 easily obtainable herbs and spices; some in your spice rack, some in your garden! Useful recipes to get you started. Kami has an engaging writing style that propels you into your kitchen to try out her recipes and reclaim your family's health through common herbs and spices! I have recommended this book to several of my friends, and will be giving it as gifts to a few people on my Christmas list!

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