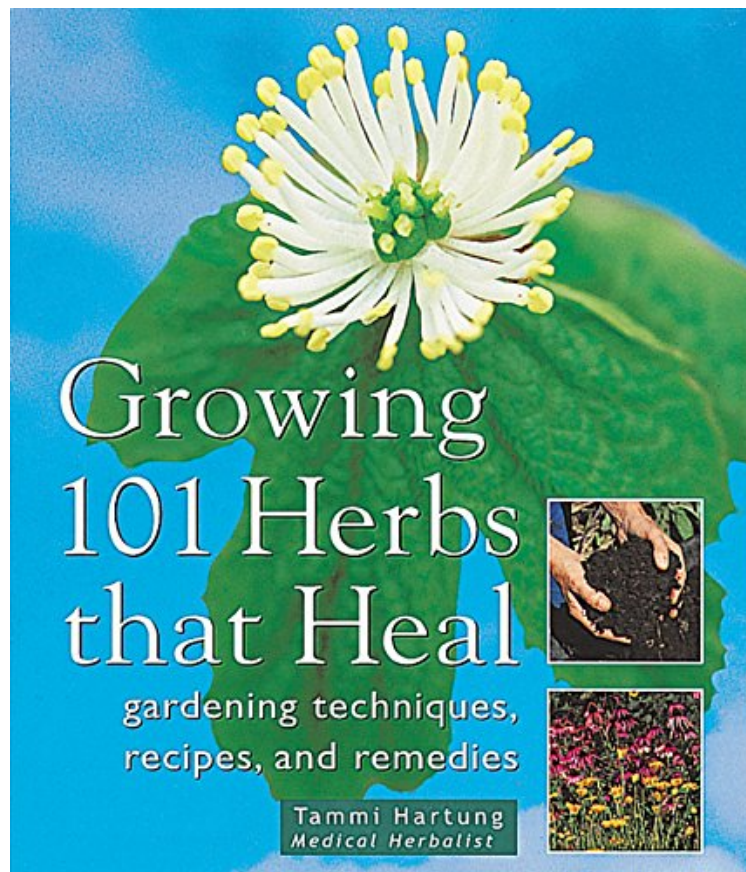


# Growing 101 Herbs That Heal: Gardening Techniques, Recipes, and Remedies

*Tammi Hartung*

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**Tammi Hartung : Growing 101 Herbs That Heal: Gardening Techniques, Recipes, and Remedies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Growing 101 Herbs That Heal: Gardening Techniques, Recipes, and Remedies:

0 of 0 people found the following review helpful. It is laden with amazing color photosBy LauraThis larger format book is visually appealing from cover to cover. It is laden with amazing color photos, charts, drawings; it is simply a pleasure to pick up and flip through. The bonus is that it is actually chock full of great information on what the title promises, and so much more. Hartung, a certified organic grower and board member of United Plant Savers, has carefully and lovingly organized this book to be of constant service. It has a section on garden design with examples of ecosystem gardens, wild gardens, space-saving and raised beds as well as others, and a chart of the herbs with their specific needs, and location preferences. . In this section, Hartung points out that, the garden you plant today may be very different from the one you plant five years from now. Isnt that the truth.This books also covers propagation (more

great charts), garden maintenance, pest and disease control (all natural remedies and with life size drawings of the insects for proper identification), harvesting and drying of the herbs, medicine making, recipes, and a very complete Materia Medica on the herbs covered, complete with more great photos for every write up. This book would be a pleasure and an asset to those at any stage of herbalism- those just beginning their exploration with herbs, , and those seeking a next step book to help them learn the medicinal aspects, and still for the advanced herbalist, as the charts are so user friendly, the information is simple but thorough, and the step by step photos give the reader the feel that they are attending mini herb workshops. Susan Weed writes of this book, This thorough and dedicated book will help nourish yourself delightfully, improve your health easily, and create lasting joy in your life and the lives of all who knows you. 13 of 13 people found the following review helpful. Great seed starting info By M. A. This helpful book gives a lot of great information on how to grow the 101 herbs. She gives ideas for herb garden designs, a few recipes for "medicinal food" herbs and most importantly growing information for the herbs. How easy they are to start from seed and any pretreatments the seeds need to germinate, whether the herbs like sun, shade, moisture, etc. She even gives charts on suggestions for theme gardens (culinary, upper respiratory, digestion, etc.). For actual recipes on how to use the herbs for these purposes, I recommend Rosemary Gladstar's book Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family. 0 of 0 people found the following review helpful. Great Information on Herbs By J. Tinagero I might be able to grow some of these herbs....I have a hard time growing mold on bread....so you may find it too basic.

Complete instructions for successfully growing 101 medicinal plants using totally organic techniques. Hartung, a certified organic grower and board member of United Plant Savers, shares all the secrets of propagation, soil preparation, natural pest management, harvesting techniques, and even garden design for both beauty and highest yield. Also includes herb-by-herb profiles and a guide to making medicines and delicious healing foods.

.com An excellent guide for novices and experts alike, Growing 101 Herbs That Heal combines gardening, cooking, crafts, and natural healthcare into one sturdy manual. The author's care and concern for healthy plants and people are evident on every page, and there's an astonishing amount of detail in every section. Simple plant listings cover multiple pages, outlining everything from drainage preferences to the size and color of blooms. The different garden styles presented range from formal knot gardens to carefree wild gardens, with lots of choices for raised beds and containers. Organic methods for fertilizing and pest control are emphasized--time to get familiar with beneficial nematodes! If you've already got an herbal garden in place and are now wondering what to do with your harvest, look no further. Delicious recipes for breads, soups, and salads are here, along with medicinal tinctures, creams, and bath soaks, which are great for gifts or home use. There are also straightforward tips for starting an herb-based home business from your own creations. The last section is a fascinating materia medica that devotes a separate page to each herb, going into beneficial companion plants, harvesting time, market value, and home pharmacy uses. From common peppermint to the unusual yerba de la negrita, you'll enjoy the lovely pictures at least as much as the helpful information. --Jill Lightner From Booklist Gardening with medicinal plants is growing in popularity, and the market for botanical medicines continues to increase. Hartung offers instructions on planning and designing a garden, and she includes a chart giving basic information on 101 herbs: height, spacing, color, water requirements, and soil preferences. A chart listing plant habitat preferences accompanies a chart to help readers plan a theme garden. The author gives instructions on how to maintain healthy soil and propagate a variety of herbs. There is a chapter on garden maintenance, one on pest and disease control, and one on harvesting and drying roots, rhizomes, bulbs, flowers, buds, seeds, and fruit. Hartung explains the art of making such herbal preparations as salves, tinctures, oils, and creams. A chapter on cooking with medicinal herbs contains 16 recipes. There also is a 66-page list of herbs, giving their personality and blooming traits, heights, and sun and soil requirements, along with care, propagation, and harvesting instructions, and their medicinal benefits and home pharmacy uses also are included. George Cohen " Modern society is learning anew how to grow, harvest and use this bounty from nature." - Rocky Mountain News "This very attractively illustrated gardening guide offers planting tips, garden design ideas, harvesting and market information, recipes and more-" - Tampa Tribune Times "Herbalist Hartung draws on personal experience of running an organically- certified medicinal herb farm in Colorado"- Garden Sages " She [Hartung] covers all aspects of cultivation and harvesting including organic methods for pest and disease control" - Garden Sages " This is pretty serious stuff without being preachy." - The Herb Society of America " If you know a landscape gardener who explores alternative medicines, this is the gift." - Washington Post " It melds the two disciplines, landscape and medicinal gardening." - Washington Post " For the herb lover who knows the difference between fennel and mugwort" - Milwaukee Journal Sentinel