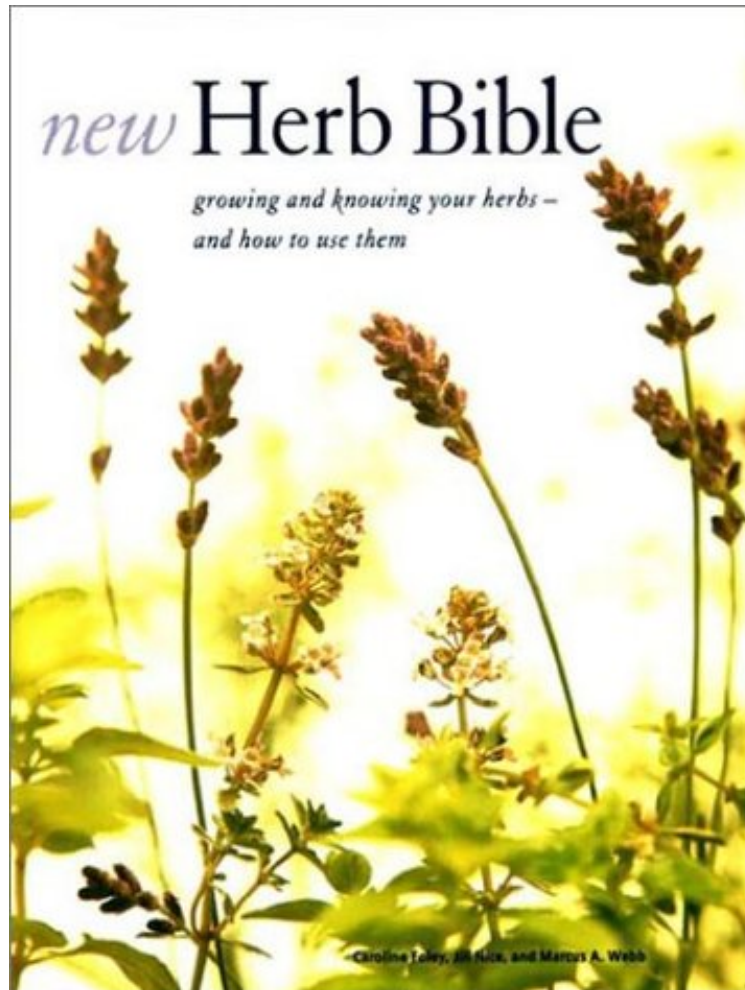


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New Herb Bible, full of the most up-to-date and comprehensive information, offers sound advice on how to grow

herbs easily, for both decorative and practical purposes-almost anywhere from windowsills to flower pots to beds and borders. It covers every stage from preparing and planting to harvesting and drying. A full directory of the best known and most popular herbs explains which are best for culinary use, which relieve common complaints or cosmetic problems, and which delight the senses with their lasting aroma. Included are recipes and remedies, a complete guide to cooking with herbs, and a special medicinal section by an expert in the field. Each herb is photographed in full color for easy identification, rendering New Herb Bible as beautiful as it is informative-ideal for both the longtime enthusiast and anyone who, intrigued by their increasing popularity, longs to be initiated.

New Herb Bible offers a full directory of the best known herbs as well as comprehensive information on how to use them for a range of culinary, cosmetic and medical purposes. About the Author Caroline Foley designs gardens from her base in London, and writes about gardening and her designs for national newspapers and magazines, including Country Living and Gardens Illustrated. Jill Nice has run her own cosmetics and herbal remedy store. Her books include Homemade Preserves, Looking Good Naturally, and Herbal Remedies and Home Comforts. Marcus Webb is a registered Osteopath and Naturopath.