

A Pocket Guide to European Folk Remedies

HERBS
for the
GOURMET
GARDENER



A Practical Resource from
the Garden to the Table

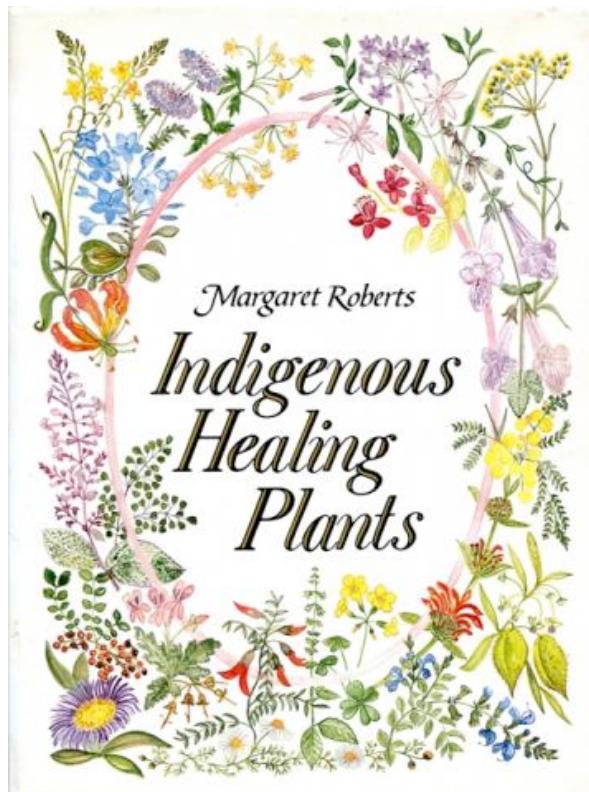
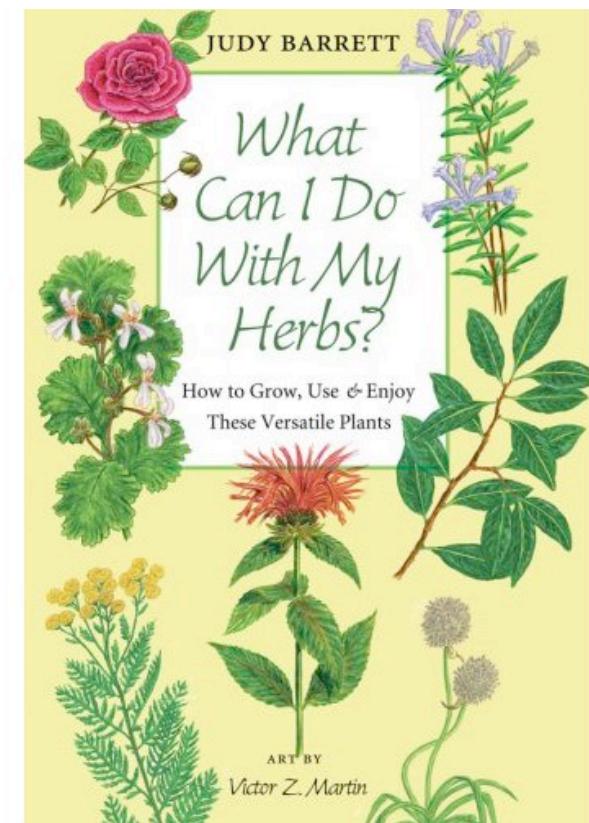
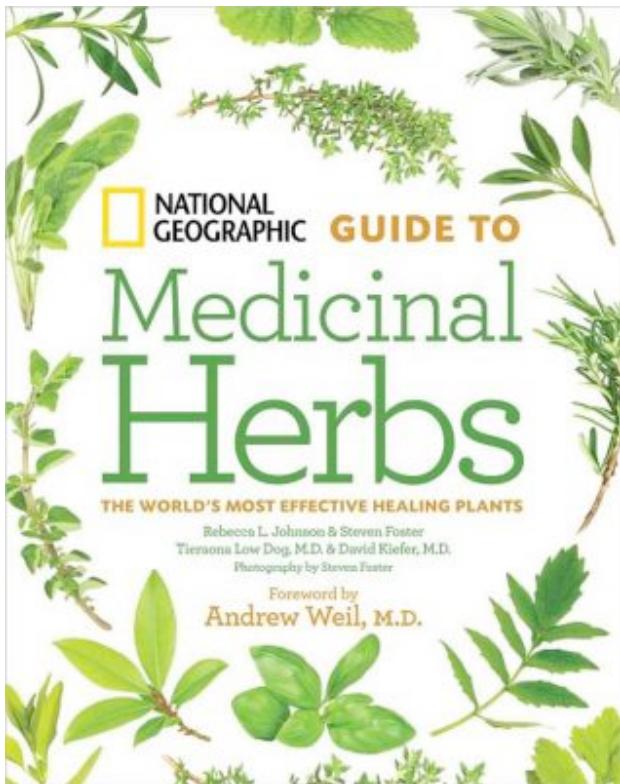
CAROLINE HOLMES

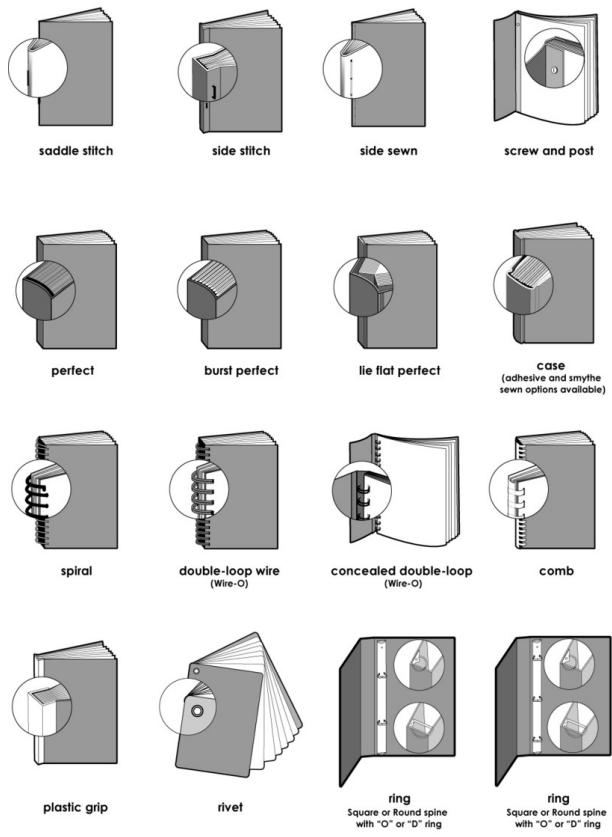
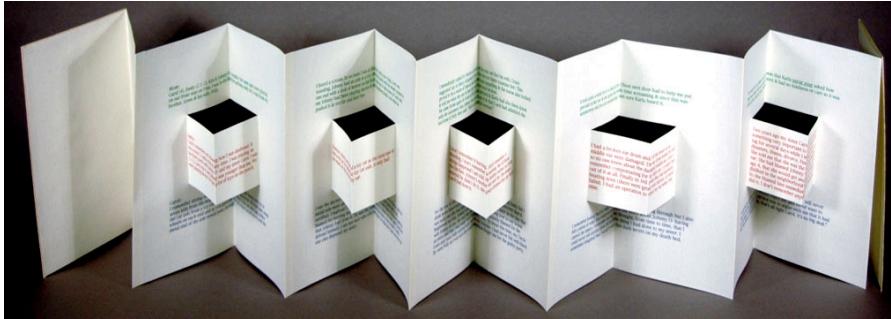
JUDY BARRETT

What
Can I Do
With My
Herbs?

How to Grow, Use & Enjoy
These Versatile Plants

ART BY
Victor Z. Martin



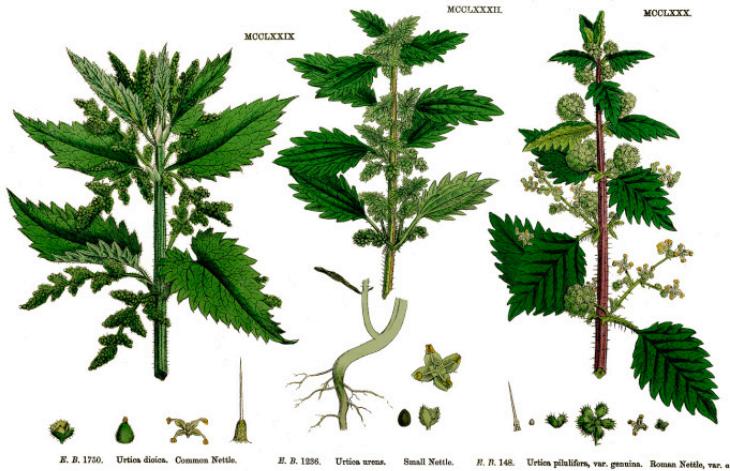


Turnip

Rockwell

Ibis text (maybe)

Tw Cent MT



A rudimentary guide to some old European
(both Western and Eastern) remedies to
common ailments, such as the sting of nettles,
upset stomach, headaches, measles, colic, etc.

Most of the treatments will be focused on
plants and herbs (no fauna), and different
treatments will be organized according to
place of origin. Images will be illustrated.