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From renowned herbalist Rosemary Gladstar, author of the bestselling *Medicinal Herbs: A Beginner's Guide*, a year of fortifying DIY remedies to boost your wellbeing naturally. Every month, gorgeous, full-color photographs of garden-fresh herbs and plants are paired with harvesting tips, as well as safe, effective, and easy-to-follow recipes for putting what you grow to good use. Restorative teas, like a roasted dandelion and chicory blend. Soothing salves, like massage oil with fragrant, hardy lavender. And nourishing dishes, like an earthy, savory sage pesto. Clean living has never felt this good, inside and out. Rosemary Gladstar is one of the most influential herbalists. —Natural Health Magazine

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