



The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing)

By Wendy Vincent



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Herbs have been the centerpiece of natural healthcare since before the dawn of medicine in ancient Greece. With more than 50,000 strains of herb from around the world currently catalogued by various botanical societies and a small percentage of those serving solid, universally recognized medical purposes, it is no wonder that many people have taken up the hobby of growing their own herbs at home to help with basic things like healing burns or relieving headaches. This book will guide you through the step-by-step process of learning about and growing your own healing herbs, starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself. The first things you will learn in this guide are the basics of all healing herbs, starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates. Matching the right herbs to your region, you will then be able to start learning about how herbs grow, what they need from the soil, water, the weather, and feeding. You will learn which pests are most likely to appear with each herb plant and which planting conditions are best for your herbs, from indoor potting to outdoor containers, or in ground fields. You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing. Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials. Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your new found gardens. This book is a complete guide for anyone who has ever wanted to try something different and grow it themselves.



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Editorial Review

Review

Many people are turning to their agricultural roots in order to become self-sufficient by growing and preparing their own food. Atlantic Publishing has a Back to Basics series of books that teach you Everything You Need to Know Explained Simply. Three handy books out of several in the series include The Complete Guide to Growing Tomatoes: A Complete Step-by-Step Guide Including Heirloom Tomatoes, Growing Healing and Medicinal Herbs: and Growing Vegetables, Flowers, Fruits and herbs from Containers. The Complete Guide to Growing Healing and Medicinal Herbs by Wendy Vincent helps you grow your own healing herbs for self-care and disease prevention. Even better, you will gain a new awareness that so called pesky weeds on your lawn (dandelion, mullein, violet, red clover, plantain, self-heal, sheep sorrel), are actually powerhouses of healing phytochemicals, more reason to get rid of the Roundup and view weeds as a venerable apothecary. You will learn the basics of growing all kinds of herbs including propagation techniques (layering, crown propagation, cuttings and root divisions), which herbs are best grown from seed and more. Each herb is described for its usage, what part is best used (aerial, roots, fresh or dried) and how to best use it (as a tea, tincture, or in cooking). Matching the right herbs to your regions, you ll know which herbs to grow, what they need form the soil, water, the weather and feeding. You will learn which pests are most likely to appear with each herb plant and which planting conditions are best for your herbs, from indoor potting to outdoor containers, or in the ground. The best part is many herbs are perennials, meaning, they come back year after year. --New Living Magazine August 2011 Edition

Vincent takes her experience in her own garden to give very brief cultivation requirements for 78 medicinal herbs. This includes astragalus (*Astragalus membranaceus*), stevia (*Stevia rebaudiana*), and yerba mansa (*Anemopsis californica*). General advice is given for organic gardening and harvesting, preserving, and using herbs. Several herbalists offer insights on their craft. One chapter suggests herbs to heal a few conditions, and another explains how to make simple remedies. This book may not be filled with photographs, but still offers a good start for the beginning gardener. Atlantic also just published The Complete Guide to Growing Vegetables, Flowers, and Herbs from Containers, by Lizz Shepherd (2011) with charts, companion planting, and gardener interviews. --Kathi Keville, American Herb Association

Users Review

From reader reviews:

Daniel Hartung:

Book is to be different for each grade. Book for children until adult are different content. As you may know that book is very important normally. The book The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) has been making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The reserve The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) is not only giving you a lot more new information but also to get your friend when you truly feel bored. You can spend your own personal spend time to read your publication. Try to make relationship together with the book The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-

Basics Gardening) (Back to Basics: Growing). You never truly feel lose out for everything in the event you read some books.

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As people who live in the actual modest era should be revise about what going on or info even knowledge to make all of them keep up with the era that is always change and move forward. Some of you maybe can update themselves by reading books. It is a good choice to suit your needs but the problems coming to you is you don't know what kind you should start with. This The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Richard Kitterman:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) can be fine book to read. May be it can be best activity to you.

Hattie Leclair:

This The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) is great e-book for you because the content which is full of information for you who all always deal with world and still have to make decision every minute. This kind of book reveal it details accurately using great arrange word or we can claim no rambling sentences inside. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with splendid delivering sentences. Having The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening) (Back to Basics: Growing) in your hand like obtaining the world in your arm, details in it is not ridiculous 1. We can say that no reserve that offer you world within ten or fifteen moment right but this guide already do that. So , this really is good reading book. Hey there Mr. and Mrs. hectic do you still doubt this?

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