

LAND & WERKEN SERIES:

COLLECTING AND USING EDIBLE HERBS

by **Diego Gardón & Daniel Baer**

CONTENT:

Revealing the enormous potential of herbs, this book contains the essence of wisdom from two true experts and connoisseurs in this field. The authors, Daniel Baer and Diego Gardón, offer courses and workshops addressing nature and wildlife enthusiasts, explaining where to find and how to identify and collect wild edible herbs and flowers. In addition to cooking creative and delicious meals they also explain how to prepare oils, chutneys and antipasti as well as using them as an ingredient for natural cosmetics, colours and perfumes. Helpful information on grading and storing round up this wonderful new book.

The authors show that there is such a broad field of application possibilities to wild herbs that anyone basically interested in this subject will be surprised about the inspiring wealth of new ideas to be found inside this book!

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SPECIFICATIONS:

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- more than 100 colour photographs
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