



100 Edible & Healing Flowers: Cultivating, Cooking, Restoring Health

Margaret Roberts

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Margaret Roberts shares her secrets for creating an edible garden that will not only nurture and heal the body with the health-giving plants it produces, but will also be a place of beauty to nurture the soul. Each plant is dealt with in detail, with advice on the best conditions for growing it, and how to harness its healing and culinary potential. The recipes are easy to prepare and range from health-boosting soups and salads to mouth-watering desserts and party fare. And there's a wide range of medicinal and cosmetic preparations, from teas and tonics to creams and lotions. Beautifully presented and packed with information.

REVIEWS

"Roberts offers this colorful encyclopedia of herbs and flowers with descriptions of their therapeutic and culinary uses. A thumbnail table of contents and enthusiastic introduction precede a guide to planning, compost, mulching, and propagation of plants. The flowers and herbs are then covered in alphabetical order, with entries discussing history, cultivation, and medicinal use, and providing recipes for medicinal, cosmetic, and food items that include it. A therapeutic quick reference in the back matches plants to ailments, in addition to flower and recipe indices."

Proview (previously known as Book News), 2014/06

"Margaret Roberts is a well-known proponent of the use of natural products to enhance health and wellbeing. In *100 Edible and Healing Flowers*, she encourages readers to create a garden of flowers that can be used in celebrations, in the kitchen, and also to produce medicines and cosmetics. In this hands-on, practical book, Margaret instructs how and when to plant, grow and harvest flowers, and supplies recipes that harness the medicinal, cosmetic and edible nature of these plants. The accessible, down-to-earth text is spiced with personal anecdotes and information about the historical use of flowers in herbalism. Colourful photographs aid identification, and Margaret's delicate line drawings add an appealing touch of whimsy to this elegant book."

City Farmer News, 2014/06

"*100 Edible and Healing Flowers* by Margaret Roberts is the most magical book and I believe one could live a very healthy life by using the advice in this book. The photos of each flower are gorgeous, and Margaret tells how to cultivate and harvest each one and how to use its goodness not only to beautify your garden and home but also how to cure many ills. Each flower is listed with the ways to treat the ills that it helps heal. The many recipes that are included are for both foods and medicinal uses of the lovely flowers. These must be grown organically in order to be safe for consuming, and Margaret tells even the novice gardener just how to do this. For anyone, this book is TERRIFIC!"

Bonnie Neely, Amazon top reviewer, Real Travel Adventures, 2014/06/28



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From reader reviews:

Janelle Smith:

Nowadays reading books are more than want or need but also become a life style. This reading practice give you lot of advantages. The benefits you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The data you get based on what kind of book you read, if you want drive more knowledge just go with training books but if you want feel happy read one with theme for entertaining for example comic or novel. The particular 100 Edible & Healing Flowers: Cultivating, Cooking, Restoring Health is kind of e-book which is giving the reader unpredictable experience.

Myrtle Hamer:

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love 100 Edible & Healing Flowers: Cultivating, Cooking, Restoring Health, you may enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't obtain it, oh come on its referred to as reading friends.

Clyde Connell:

Does one one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Aim to pick one book that you never know the inside because don't determine book by its handle may doesn't work at this point is difficult job because you are frightened that the inside maybe not while fantastic as in the outside appearance likes. Maybe you answer can be 100 Edible & Healing Flowers: Cultivating, Cooking, Restoring Health why because the fantastic cover that make you consider in regards to the content will not disappoint you. The inside or content is definitely fantastic as the outside or even cover. Your reading 6th sense will directly guide you to pick up this book.

Heather Killen:

Many people spending their time by playing outside together with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to enjoy your whole day by reading a book. Ugh, you think reading a book can really hard because you have to bring the book everywhere? It fine you can have the e-book, taking everywhere you want in your Smart phone. Like 100 Edible & Healing Flowers: Cultivating, Cooking, Restoring Health which is obtaining the e-book version. So , why not try out this book? Let's see.

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