



# Jekka's Complete Herb Book

*Jekka McVicar*

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## **Jekka's Complete Herb Book** Jekka McVicar

This A-Z guide to herbs explains how to grow and maintain them, how and when to use them in the kitchen, and what properties they have for medicinal, cosmetic and household purposes. It includes information on each herb's history, such as when it was discovered and what mythological and magical associations have grown up around it. There are also sections on general herb cultivation and maintenance, and tips on cooking with them. The author runs her own herb farm and has won many awards, including a Silver Gilt Medal at the Royal Horticultural Society Exhibition in 1993.

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