



# The Healing Kitchen: An Indoor Herb-Garden Pharmacy for Cooks

*Patricia Stapley*

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## **The Healing Kitchen: An Indoor Herb-Garden Pharmacy for Cooks** Patricia Stapley

For any woman who is interested in the healing power of herbs or loves cooking and gardening with herbs, The Healing Kitchen is the perfect gift. This beautifully illustrated book includes delicious recipes for using herbs in salsas and sauces, pestos, marinades, fillings, dips and spreads, and luscious cream-free soups. Also included are natural remedies for stress, everyday aches and pains, congestion, PMS, fatigue, insomnia, colds, headaches, and much more. Full-color photographs of easy-to-find-and-grow herbs like basil, lemon balm, marjoram, and nasturtium are accompanied by basic gardening advice and a recipe and remedy that can be made from each. As the popularity of herbs has reached the mainstream, there's never been a better time for The Healing Kitchen.

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