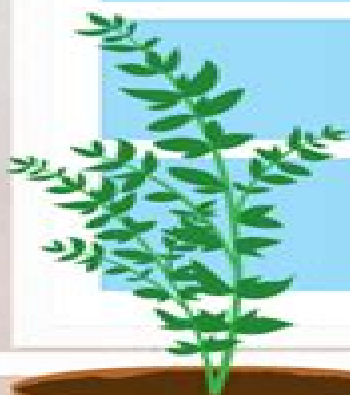


5 BEST HERBS

FOR KITCHEN GARDENS



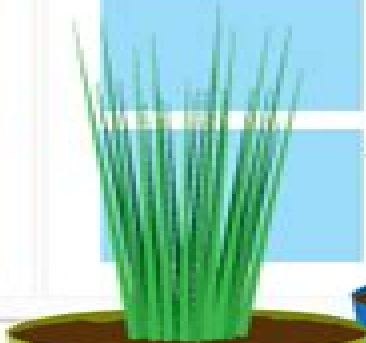
Thyme

Flavor & Use

Lightly pungent, spicy & clove-like. Good with meats or vegetables because it lightens the profile of the dish, increasing the balance.

Health Benefits

- Anti-microbial.
- Linked to reducing high blood pressure (hypertension), acne, yeast infections, colon & breast cancers.



Chives

Flavor & Use

Thin, hollow leaves with a mild onion flavor. Good in any dish. Great when used as a garnish.

Health Benefits

- Contains Allicin, which has anti-inflammatory properties.
- Linked to improving cholesterol, digestion, & fighting infections.



Mint

Flavor & Use

Sweet, cool, & refreshing. Best known for desserts, but fantastic with lamb & other savory dishes.

Health Benefits

- Contains Menthol, traditionally used for digestive problems, it has been linked to improvements in Irritable Bowel Syndrome.



Sage

Flavor & Use

Deep rich flavor with a slight citrus note. Combines well with rosemary & thyme. Popular varieties include English, Pineapple, Purple, & Variegated.

Health Benefits

- High in antioxidants.
- Anti-inflammatory properties.
- May help improve memory & treat Alzheimer's Disease.



Basil

Flavor & Use

Sweet & spicy, with an anise (licorice) note. Great for increasing the depth of flavor in sauces & dressings.

Health Benefits

- Used for treating arthritis & inflammatory bowel diseases.
- Antioxidant rich.
- May have anti-aging properties by killing harmful molecules in the body.

Salad Herbs How To Grow And Use Them In The Kitchen

**Shirley Stackhouse, Jennifer
Stackhouse**



Salad Herbs How To Grow And Use Them In The Kitchen:

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most powerful medicine In *Recipes from the Herbalist's Kitchen* she reveals how the kitchen can be a place of true awakening for the senses and spirit as well as deep nourishment for the body With in depth profiles of favorite culinary herbs such as dill sage basil and mint Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks entr es drinks and desserts that are specially designed to meet the body's needs for comfort nourishment energy and support through seasonal changes Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist *The Kitchen Gardener's Instructor* Thomas Bridgeman,1840 ***The Healthy Kitchen*** Andrew Weil, M.D.,Rosie Daley,2003-12-09 Two of America's most popular authorities on healthy eating and cooking join forces in this inspiring easy to use cookbook This is not a diet book It is a lively guide to healthy cooking day by day packed with essential information and above all filled with enticing food Andrew Weil M D author of the best selling *Eating Well for Optimum Health* brings to this perfect collaboration a comprehensive philosophy of nutrition grounded in science Rosie Daley acclaimed for her best seller *In the Kitchen with Rosie* brings to it her innovative and highly flavorful spa cuisine The recipes are eclectic drawing from the healthy and delicious cooking of the Middle East the Mediterranean and Asia among other cuisines For starters you might try Grilled Satay or a Miso P t for soup often a meal in itself a hearty Mixed Bean Minestrone Stew or a Roasted Winter Squash and Apple Soup with Cilantro Walnut Pesto a special entr e could be the Savory Roasted Cornish Hens with Roasted Garlic or Baked Spicy Tofu with Bean Thread Noodles Corn and Mango for a simple supper Turkey Burgers or Portobello Burgers and for the occasional indulgence a dessert of Almond Fruit Tart or Peach and Blueberry Cobbler Andy and Rosie do not always agree When Rosie calls for chicken Andy offers a tofu alternative she likes the flavor of coconut milk whereas he prefers ground nut milk when she makes a pastry with butter he suggests using Spectrum Spread There are no hard and fast rules Lifelong health begins in the kitchen so this is a lifestyle book as well as a cookbook In it you will learn from Dr Weil how to make use of nutritional information in everyday cooking what is organic and how to buy organic foods the importance of reading labels and what to look for sensible advice about eggs milk cheese salt spicy foods wine coffee the facts about sugar and artificial sweeteners and from Rosie how to get kids involved from skinning almonds to layering lasagna ways to have fun in the kitchen creating scallion firecrackers and radish rosettes low fat and nondairy alternatives for those with special concerns smart menu planning letting the seasons be your guide and lots more This revolutionary book will change forever the way you cook for yourself and your family With 58 photographs in full color *Health* ,1989 *The Kitchen Gardener's Instructor* Thomas Bridgeman,1860 *The Garden* ,1907 ***The Country Gentleman*** ,1907 *The Herb Kitchen* Ryland Peters & Small,2025-07-05 This fresh collection of over 50 deliciously easy recipes for cooking with herbs includes zingy sauces salsas and dressings to substantial salads main plates sweet things and baking Herbs have been valued for thousands of years for their aromatic and health giving qualities as well as culinary uses Today they bring a fresh pop of colour to any kitchen corner add interest to window boxes or thrive as a

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Orchard and Kitchen Garden George Lindley, 1831 A Guide to The Outdoor and Kitchen Garden George Lindley, 1831
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