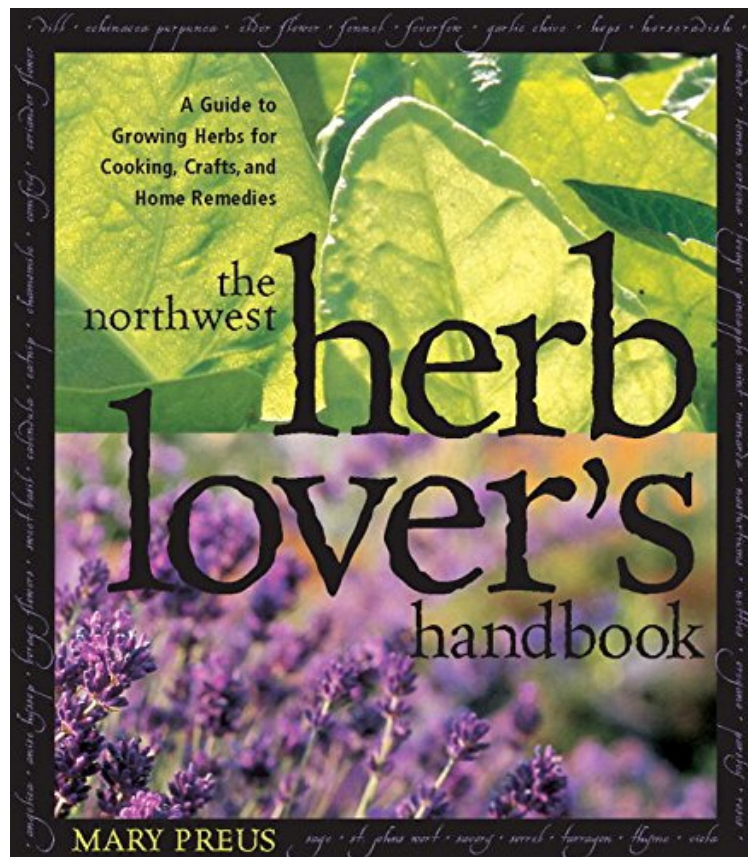


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## Northwest Herb Lover's Handbook: A Guide To Growing Herbs for Cooking, Crafts, and Home Remedies

Mary Preus

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The soothing smell of lavender, rosemary's piney flavor, the bright colors of nasturtiums . . . herbs are wonderful things! In this handsome volume, Mary Preus provides a delightful entree into the world of herbs with detailed instructions on how to grow 50 of the most popular herbs and create an herbal lifestyle. Easy and delicious recipes, herbal crafts and gifts, landscaping with herbs, traditional and modern medicinal use, aromatherapy--it's all here in *The Northwest Herb Lover's Handbook*.

**About the Author** Mary Preus, author of *Growing Herbs*, owned and operated the Silver Bay Herb Farm in Silverdale for 20 years. She has sold her products at the Pike Place Market and taught classes on growing and using herbs. Preus lives in Seattle.