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Herb Gardening: A Beginners Guide to Growing Herbs at Home

By Louise Harvey

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Herb Gardening - A Beginners Guide To Growing Herbs At Home If there was one thing that really got me thinking about starting my own garden it was my love of fresh herbs. What can be better than taking some herbs from your garden and using it in a dish you have prepared? Fresh herbs add so much to cooking. Firstly, I love their color, so bright and alive. Secondly, they are filled with flavor and thirdly, they are rich in antioxidants and nutrients essential to our bodies. Over the years I have also learnt that herbs can be used for so many other things as well. Peppermint leaves are great to help ease coughs and fight colds, while thyme has so many uses that I always forget most of them, however, I use it as in indoor insect repellent. Flies and mosquito s hate it! My aim with this eBook is to help you to grow your own herbs. We will discuss 10 different herbs and look at how each can be used, how to grow them,....

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