



Herbs: A Global History

By Gary Allen

Reaktion Books. Hardback. Book Condition: new. BRAND NEW, Herbs: A Global History, Gary Allen, From ancient medicines to the savoury dishes of today, there is hardly a culture in the world that does not know and make use of herbs. Despite often being little more than weeds, various cultures have found hundreds of uses for these plants, culinary, medicinal or otherwise. Indeed, many books have been written on their various purposes - with much information on cooking and healing with herbs - while little has been written about the history of the plants themselves, and of the incredible journeys they have made. In Herbs Gary Allen tells the story of these oft-overlooked plants, which have become such a staple in our lives. He describes how, unlike spices that quickly made their way to cultures throughout the world, herbs were often hoarded by their cultivators and used to make distinctive regional dishes. Allen's truly global history examines herbs in a way never seen before. The first history of herbs around the world, this will be an essential read for any self-proclaimed foodie, as well as anyone with an interest in these delectable additions to our cuisine. With many beautiful illustrations and...



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