



# The Healing Herbs Cookbook

Herbs are an essential part of great-tasting food. They're also a source of vital compounds that our bodies need to maintain and, in many cases, restore health. Here you'll find 115 delicious and healing vegetarian recipes — ranging from soups and starters to desserts and beverages — that incorporate whole, natural ingredients with a wide variety of herbs. They're easy, accessible, and full of appetizing tastes and textures.



Featuring a wealth of information on preserving and cooking with herbs, plus a comprehensive reference on their medicinal properties

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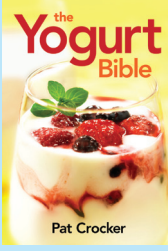
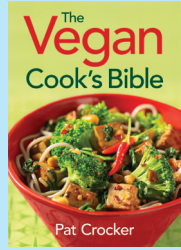
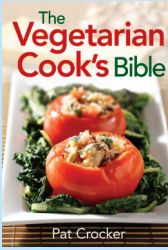
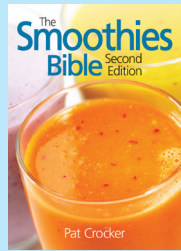
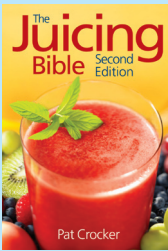
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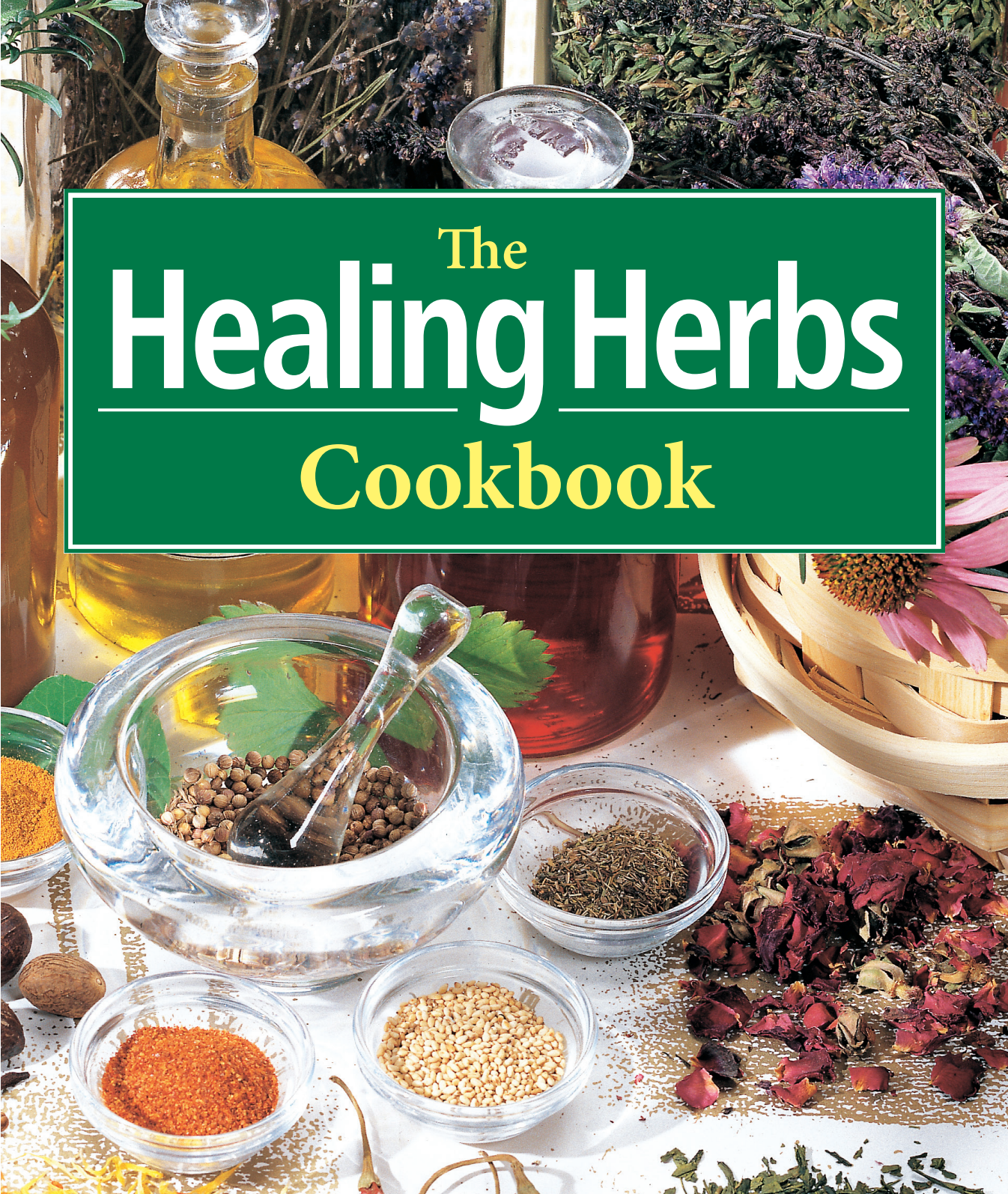
By the same author



**PAT CROCKER** is an international award-winning cookbook author, culinary herbalist and professional home economist. Two of her books have won World Gourmand Cookbook awards.

Pat Crocker

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**Pat Crocker**  
Foreword by James A. Duke, Author of *The Green Pharmacy*

