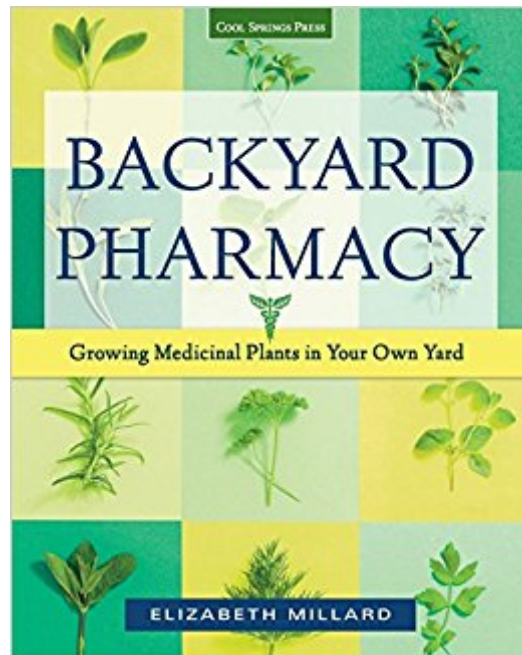




The book was found

Backyard Pharmacy: Growing Medicinal Plants In Your Own Yard



Synopsis

A healthier life is right at your fingertips - or at least only a few steps from your door! Backyard Pharmacy helps you choose the best "backyard" medicinal plants. All the plants can easily be grown throughout North America by any home gardener, and used for their healing and natural-remedy properties! Author Elizabeth Millard shares her deep knowledge of what to add to your garden to grow your own medicine cabinet to enhance your health. Each featured plant profile includes:- A detailed full-color photograph of the plant and key preparation steps.- Brief histories and descriptions the plants (including recommended varieties).- The most efficient way to cultivate, care for, and harvest your plant.- Which parts are the most medicinal.- A profile of your plant's health and nutritional properties.- The current state of scientific research on the plant.- The best practices for any plants requiring special harvesting, storing, or preparation.- The most effective use of the plant as a remedy, and any precautions you should take. Richly illustrated with 200 photographs, Backyard Pharmacy not only includes photography of the plants, but also images demonstrating step-by-step preparation, harvest, and storage methods to get the best results from your gardening efforts. Take control of your health. Learn about the benefits of herbs and "backyard friends" and natural health remedies for yourself and your family, and even grow them right in your own backyard.

Book Information

Paperback: 176 pages

Publisher: Cool Springs Press (May 6, 2015)

Language: English

ISBN-10: 1591865964

ISBN-13: 978-1591865964

Product Dimensions: 8 x 0.5 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #279,839 in Books (See Top 100 in Books) #63 in Books > Science & Math > Agricultural Sciences > Crop Science #127 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #482 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

Elizabeth Millard is the author of Indoor Kitchen Gardening, which focuses on practical tips for

growing herbs, vegetables, and fruits in indoor settings. She and her partner, Karla Pankow, also own Bossy Acres, a 100-member community supported agriculture farm in Minnesota that provides seasonal produce to members and area restaurants in an effort to build a strong and sustainable local food system. Millard often leads workshops on vegetable and herb gardening as well as herb preparation, fermentation, and cooking with seasonal ingredients. As editor of local sustainable food site Simple Good and Tasty, she encourages readers to connect with the state's abundance of organic growers, ranchers, food artisans, nonprofit agencies, and each other, forging a stronger food landscape. In addition to farming, teaching, and editing, she has contributed articles to Hobby Farm Home, Experience Life, and Urban Farm magazines, along with many other publications. She and Karla live in south Minneapolis with their two impossibly spoiled dogs, Idgy and Ruthie Mae.

Lots of good info about herbs. Wish there was more info about growing them.

very, very basic. Good to make your selection to start your herbal garden, but incomplete and overly simple in terms of processing the herbs for preparations

Very easy to understand

This is a great book for BASIC herbal knowledge such as growing, identification, and use. If you need something more advanced this isn't it.

Great read and resource. I love the scientific references!

Packed with incredible advice--look no further, this is the one!! The only book you will ever need on growing and cultivating your own Backyard Pharmacy. I am a true believer we are what we eat. Organically grown herbs are not just a part of eating healthy, they are an ESSENTIAL part. I want my culinary dishes to burst with flavor and herbs do just that! The author, Elizabeth Millard, has vast experience as a grower. She is an organic farmer, so who better than to receive advice from? She is it!! I love how this author recommends we forge a stronger food landscape. I couldn't agree more. Growing herbs for medicinal purposes is vital for improving health. May your garden be blessed and may you learn from and enjoy this wonderful book!!

Some years ago, while shopping in the herb section of a grocery store, an elderly woman standing

near me began to talk about the miracle of herbs. Evidently, her husband suffered from many health issues. His doctor told him that he probably wouldn't live much longer. So, because of some advice she received as a young bride, his wife increased the number of herbs in her cooking. She claimed that the herbs, alone, cured many of his illnesses and gave him a vitality which he never, before, had. Since then, I've been fascinated by the medicinal qualities of herbs. Here's the thing ... researching which herbs help which conditions, let alone learning about how to grow them, seemed to be quite a chore. So when I was invited to read "Backyard Pharmacy", I was thrilled! And even more thrilling is that it gave me all the information that I was looking for in one, beautiful book. The book starts out with some great information about general gardening. It then lists a good number of herbs, flowers, and berries, talking about their health benefits, how to grow them, and finally how to use them. There are beautiful photos and the information is easy to understand. If you're looking for a particular herb or health condition, just check the Index ... it is complete and very helpful. I think this book is a "must have" for anyone wishing to grow herbs, especially herbs with medicinal properties. I received a copy of this book in order to write this review. I received no other compensation. All opinions expressed are mine and mine alone and reflect my honest opinion of the material reviewed.

When it comes to working in my yard, I'm more of a landscaper than I am a gardener, but have always wanted to add edibles to my efforts. This book piqued my curiosity because I honestly never thought there could be any other benefits from the vegetables other than eating them (and the benefits from that)! There's a lot of great info, plenty of photos, too, which bodes well for this novice's efforts. Lot's here, but not overwhelming.

[Download to continue reading...](#)

Backyard Pharmacy: Growing Medicinal Plants in Your Own Yard House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) backyard farming: The beginner's guide to create your own self sufficient backyard (Backyard Farming Essentials - Mini Farming - Urban Gardening - Self Sustainability - Backyard Homestead) Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) Backyard Farming: Your Guide to Building the Ultimate Self Sustainable Backyard Mini Farm (Backyard Farming Essentials - Mini Farming - Urban Gardening - Self Sustainability - Backyard Homestead) Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing,

Growing Marijuana Indoors) Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) Natural Medicinal Plants: Use 12 of the Proven Medicinal Herbal Plants for Healing, Skin and Beauty Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) The Medicinal Garden: How to Grow and Use Your Own Medicinal Herbs The Encyclopedia of Medicinal Plants: A Practical Reference Guide to over 550 Key Herbs and Their Medicinal Uses Backyard Chickens: The Essential Backyard Chickens Guide for Beginners: Choosing the Right Breed, Raising Chickens, Feeding, Care, and Troubleshooting (Backyard Chickens, Raising Chickens) BACKYARD GARDENING: No Space Left Behind - Turn a 1/4 Acre Backyard Into a Mega-Garden; Raised beds, hydroponic grow system, backyard vegetable garden House Plants: Volume III: 2 Book Boxset - Air Plants & Your First Cacti (Ornamental Plants, House Plants, Indoor Gardening 3) Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) Complete Math Review for the Pharmacy Technician (APhA Pharmacy Technician Training Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)