

Herbs 101

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How to Plant, Grow, and Cook with Natural Herbs Have you always wanted an herb garden but didn't know how to get started? Do you want to know more about growing your own herbs in the privacy of your home and using them in a variety of cooking? There are many different ways to use herbs in cooking and nothing tastes as good in your food than using fresh herbs. Fresh herbs can be one of the easiest plants to grow. There are hundreds of different herbs that can be grown in your home and used not only for cooking, but for medicinal purposes as well. Best of all, growing your own herbs is easy and healthy. Some herbs can actually stave off diseases, including cancer. It makes sense to use herbs in the kitchen. If you are like most people, however, you may wonder what types of herbs you can use. You want to know which are the best types of herbs to use in different dishes. Learn basic gardening techniques to growing aromatic herbs. Understand the properties of these powerful little plants. Learn their healing benefits. Let Us Can Show You How to Answer These and Any Other Questions You Have About Growing and Using Herbs How long have you put off trying new dishes because you didn't know if the herbs would make it taste right? Tired of guessing what some of the herbs are even for? We show it all to you. You can start cooking like a master chef! Do you want to learn the different options for using herbs in the kitchen? Do you need to learn the difference between spices and herbs? Do you need to know how to grow the herbs and what to do with them after they have grown? If you are like most people, you want to know how to make the most of fresh herbs in your cooking. You have probably read about how much fresh herbs can not only make your food taste better, but can also provide health benefits for your diet. Some herbs are used to stave off disease. Here you can learn which types of herbs can easily be grown indoors as well as the different options for using herbs in the kitchen. You can also learn the difference between spices and herbs as well as learn exotic new ways to provide natural and healthy additions to your cooking that will make it not only taste better, but give you health benefits as well. Everything You Need to Know About Herbs in the Kitchen This informative ebook will guide you through the steps of planting an herb garden. You will know how to plant fresh herbs and which are likely to grow well in your home. You can also learn how to harvest the herbs and use them in certain dishes. In addition, you can

discover ways to dry and store fresh herbs that will enable them to keep their flavor. Best of all, you can learn how different herbs can be used for medicinal purposes, as they have been for thousands of years. There is no greater value than the value of having an herb garden. Everything You Need to Know About Growing Herbs About Growing Herbs The whens, wheres and hows to planting an herb garden. This is not as difficult as you may think. Even if you have never had a green thumb, herbs are one of the easiest plants to grow. You can grow your herb garden either indoors or outdoors, depending upon the type of the herb. This book will teach you which type of herbs grow best outdoors and which can be grown indoors as well as the best ways to grow the herbs. Collecting Herbs Growing herbs is only the first part of the process of using herbs in your kitchen as well as for medicinal purposes. After the herbs are grown, you have to know what to do with them, how to harvest them, dry them, store them and when they are best for use. In addition, you will also learn what types of herbs are best for certain types of foods. Everything you need to know about harvesting, using and storing herbs can be found here. Here is what you will learn inside this guide.... * How to choose the herbs you need * Find out where to get those hard to locate herbs * Learn About drying herbs * What is a Pesto sauce anyways? * What can growing herbs in the garden do for you? * Why should you grow your own herbs? * How do you use the many different herbs in the kitchen? * What herb goes in what dish? * How do you make those rubs and spice blends? * What happens when you spice it up? * And a lot more!

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