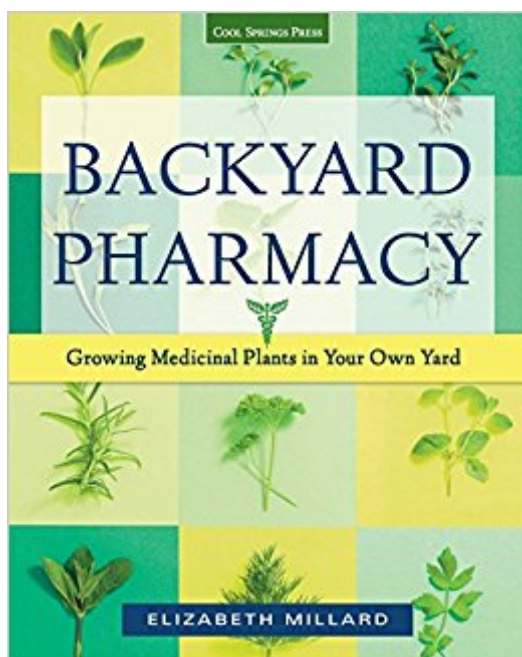


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# Backyard Pharmacy: Growing Medicinal Plants In Your Own Yard



## 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

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## 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.

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