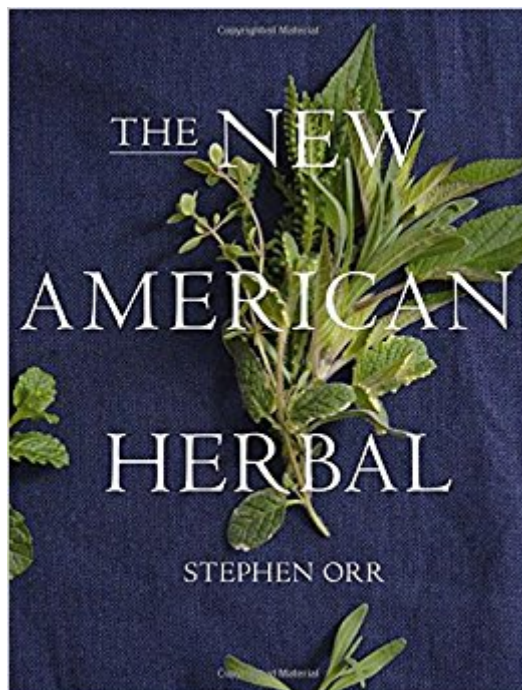


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# The New American Herbal



## Synopsis

From modern garden master Stephen Orr comes a new, definitive book on herbs to finally replace the dusty and outdated classics. Here are entries on hundreds of plants that are extraordinarily useful in cooking, homeopathy, and more; dozens of recipes and DIY projects; and beautifully styled photographs so you know just what you're growing. With more than 900 entries, each accompanied by brand new photography and helpful growing advice, *The New American Herbal* takes the study of herbs to an exciting new level. Orr covers the entire spectrum of herbaceous plants, from culinary to ornamental to aromatic and medicinal, presenting them in an easy to use A to Z format packed with recipes, DIY projects, and stunning examples of garden design highlighting herbal plantings. Learn about the herbs you've always wanted to grow (chervil, chamomile, and lovage), exotic herbs (such as *Artemisia*, the bitter herb used in Absinthe, or the anti-inflammatory Meadowsweet), and ornamental varieties (Monkshood and Perilla). For cooks there is indispensable guidance on planting and maintaining a bountiful kitchen garden and crafters will delight in dozens of exciting new uses for fresh, dried, and distilled herbs. Here, too, are 40 delicious recipes such as Ragu Bolognese with Fennel and Lemon Semolina Cake with Lavender, as well easy steps for projects such as a hanging herb garden and instructions on how to plant, dry, and preserve your garden's bounty. Meticulously researched and exhaustive in its scope, *The New American Herbal* is an irresistible invitation to explore the versatility of herbs in all their beauty and variety.

## Book Information

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## Customer Reviews

"A fresh, stylish and modern compendium on cultivating herbs in America for healthy eating--with stunning photographs."--Alys Fowler, *Gardens Illustrated*, Jan. 2015 The New American Herbal updates and builds upon centuries of herbals that came before it while offering a contemporary perspective. ...Orr writes, "Wherever we go, we transport our useful plants with us." Herbs were swapped while worlds were colonized. Indeed, Orr includes herbs from every continent, highlighting their uses and extolling their virtues... Some are familiar, many are exotic and marvelous, like postings in a travelogue. Did I mention that Orr is also a travel writer? I want to follow in his footsteps.- Lucy Leske, *The Inquirer and Mirror* 09/18/2014 PassionÂ seems to be the guiding force behind this volume--an epic, encyclopedic, and utterly beautifulÂ tome... CreatedÂ during weekends upstate with almost full creative freedom, the book is as much a compendium of herbal facts, lore, and uses as it is a reflection of its creator--witty anecdotes and observations pepper the book's writing and Orr's own stunning photographs fill its pages.--Maxwell Tielman, *Design Sponge*, 10/9/2014 This indispensable guide opens on a mid-November afternoon when Orr has been working in his cold, muddy New York garden, where the rosemary and lavender and thyme are still thriving...Orr's affection for herbs shines through every well-researched page of this book; his wonder and delight are infectious...And he knows that just because a book is useful and intelligent, it doesn't have to look scholarly and dull. Orr's beautiful photographs have an approachable aura of romance.--Dominique Browning, *The New YorkÂ Times Book Review*, 12/7/2014

Over a couple of decades, I have discovered how easy theÂ majority of herbs are to grow in two very different city gardens, inside myÂ apartment as houseplants, and at my small weekend lake cabin in upstateÂ New York. There, I plant hundreds of herb varieties in a situation with tooÂ much shade and too many deer. Through trial and error, I've learned thatÂ most of these independent plants are more than able to fend for themselvesÂ when I'm not there during the week, or even when I skip visits whileÂ traveling. Also important, I know those plants that the always-ravenousÂ deer won't eat (though admittedly that seems to change a little each year).Â I want every reader to realize that in a small quarter-acre in the country,Â in an ordinary suburban backyard, or on even a cramped city terrace tenÂ floors up, herbs will thrive without too much fuss and provide a valuableÂ harvest. It's one no labor-intensiveÂ vegetable garden can match square footÂ for square foot. All it takes is a snip here or a snip there and you've spicedÂ up a stew, soup, tea, or cocktail.Â The goal of this book is to describe this vast herbal world by lookingÂ at its members as individual characters, while at the same time trying to beÂ reasonable and manageable about the length and breadth of such a wide-rangingÂ topic. The main section concerns an A-Z of

major herbs that I've emphasized. Hundreds of others are included in lists or sidebars. My focus is on plants that North American gardeners can, generally speaking, grow in their gardens, though some species might be cold tender and need to be sheltered indoors over the winter. Each of these valuable plants leads down a different route for those interested in useful plants. I hope this book will help both the novice and the experienced gardener or cook discover something new. Or direct them to find out more about topics too huge to handle adequately in these pages, such as Chinese medicinal herbs or Native American herbs (I suggest good tomes on those subjects in a reading list). Herbalism is such a big topic, with so much history and color and richness. I hope that this book will inspire you to travel further down whatever herbal path you find most enticing, surrounded by your own selected family of useful plants that add spice, flavor, fragrance, health, and magic to your daily life. Stephen Orr

What I like about this book is that it gives you a brief excerpt about how to grow each herb. Maybe you've had better luck than me, but I haven't found any other book that does that. I'll grant you, this is not the best book if you're interested in the healing properties of herbs. But most of the "best books" on the healing properties never really tell you how to grow the damn plants. Warning though, this isn't an in-depth growing guide. It tells you what an experienced gardener needs to know. If you've never gardened before or have no intention of gardening there are probably other places to start looking.

This book includes an extensive list of herbs, however I wish there was more information for the herbs. For my purposes the plant profiles were too brief and far fewer recipes than I expected.

Very comprehensive book on herbs. Purchased it as a present for my aunt and uncle and they were thrilled with it.

Great bathroom reading for plant people.

Very interesting book. Great pictures. Covers herbs that were very unusual as well as the standard ones.

I like the book. Easy to read and has good information

Beautiful book. Gave it as a gift to a gardener friend and he loved it, and was pleasantly surprised about the included recipes!

Excellent reference. Interesting details, great recipes, beautiful photography.

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