

Chamomile And Its Cultivation In India

"This fresh new masterpiece excites the senses!"—Rosemary Gladstar, herbalist and bestselling author Good cooks know that when it comes to herbs, there is nothing better than those that are clipped fresh from the garden. The Culinary Herbal highlights 97 delicious varieties—like black cumin, fenugreek, lemon balm, and sassafras—that every food lover will want to add to their kitchen garden. In this gorgeously photographed guide, home cooks will learn which herbs offer the most flavor, how to grow them at home, and how to put them to use. Plant profiles are organized alphabetically by herb type and include basic growing information, flavor notes, and culinary uses. Additional information includes step-by-step instructions for harvesting, preserving, and storing, along with techniques for making pastes, syrups, vinegars, and butters.

Nothing tastes better than herbs harvested fresh from the garden! Grow Your Own Herbs shares everything you need to know to grow the forty most important culinary herbs. You'll learn basic gardening information, including details on soil, watering, and potting. Profiles of 40 herbs—including popular varieties like basil, bay laurel, lemon verbena, tarragon, savory, thyme, and more—feature tasting notes, cultivation information, and harvesting tips. Additional information includes instructions for preserving and storing, along with techniques for making delicious pastes, syrups, vinegar, and butters. If you are new to gardening, have a limited space, or are looking to add fresh herbs to their daily meals, Grow Your Own Herbs is a must-have.

If you're in search of natural remedies for common ailments, this comprehensive guide has over 550 healing herbs to promote health and well-being. Invite Mother Nature into your garden! Learn how to cultivate, harvest, and make your own treatments with this definitive reference book for medicinal plants. From ginger to lavender, thyme, and even the little dandelion, this book is a complete encyclopedia of herbs, plants and their healing properties. Learn about the chemistry of the plants and how they act as a medicine. Create alternative treatments for nearly 200 common health concerns in the comfort of your home. Treat yourself with the most natural medicine and become your own herbalist. The helpful instructions are easy to follow so you can start your own medicinal garden with the best know-how. Create the ideal habitat for planting, practice careful cultivation and know the best time to harvest. The well-thought-out format of the book means you can look up information by plant names or by ailments. There are 550 essential herbs with a beautiful photographic plant index discussing their different uses. Learn how to safely and effectively process the correct parts of the plants to encourage holistic and healthy healing. Traditional Medicine with Modern Research A treasure trove of information on the history of natural remedies and the many uses of plants. An essential index for any level of herbal expertise and supportive advice for beginners. - Extensive photographic index of over 550 herbs and plants. - Description of the plants, their active constituents and therapeutic properties. - Advice on how to cultivate your own herb garden.

Agroforestry has come of age during the past three decades. The age-old practice of growing trees and crops and sometimes animals in interacting combinations – that has been ignored in the single-commodity-oriented agricultural and forestry development paradigms – has been brought into the realm of modern land-use. Today agroforestry is well on its way to becoming a specialized science at a level similar to those of crop science and forestry science. To most land-use experts, however, agroforestry has a tropical connotation. They consider agroforestry as something that can and can only be identified with the tropics. That is a wrong perception. While it is true that the tropics, compared to the temperate regions, have a wider array of agroforestry systems and hold greater promise for potential agroforestry interventions, it is also true that agroforestry has several opportunities in the temperate regions too. Indeed, the role of agroforestry is now recognized in Europe as exemplified by this book, North America, and elsewhere in the temperate zone. Current interest in ecosystem management in industrialized countries strongly suggests that there is a need to embrace and apply agroforestry principles to help mitigate the environmental problems caused or exacerbated by commercial agricultural and forestry production enterprises.

A Catalogue of Plants, Growing Without Cultivation, in the Vicinity of Troy (Classic Reprint)

The Culinary Herbal

The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-lore of Herbs, Grasses, Fungi, Shrubs & Trees with All Their Modern Scientific Uses

A Report for the Rural Industries Research and Development Corporation

Gardeners' Chronicle

The Ultimate Guide to Producing High-Quality Herbs on a Market Scale

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." -- B. E. Todd, Spectator. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult A Modern Herbal. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpermel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. -- more than 800 varieties in all -- includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in Herbal, perhaps the most fascinating are the poisonous varieties -- hemlock, poison oak, aconite, etc. -- whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

A new approach to growing local medicine, including information on geo-authenticity, wildcrafting, and developing a good business plan Both a business guide and a farming manual, The Organic Medicinal Herb Farmer will teach readers how to successfully grow and market organic medicinal Western herbs. Whether you 're trying to farm medicinal plants, culinary herbs, or at-risk native herbs exclusively or simply add herbal crops to what you 're already growing, successful small-scale herb farmers Jeff and Elaine Carpenter will guide you through the entire process—from cultivation to creating value-added products. Using their Zack Woods Herb Farm in Vermont as a backdrop, the Carpenters cover all the basic practical information farmers need to know to get an organic herb farm up and running, including:
• Size and scale considerations:
• Layout and design of the farm and facilities;
• Growing and cultivation information, including types of tools;
• Field and bed prep;
• Plant propagation;
• Weed control, and pests and diseases;
• Harvesting, as well as wild harvesting and the concept of geo-authentic botanicals;
• Postharvest processing; and,
• Value-added products and marketing. The authors also provide fully detailed plant profiles, going deeper into the herbs every farmer should consider growing. In an easy-to-understand, practical, and comprehensive manner, readers will learn how to focus on quality over quantity, and keep costs down by innovating with existing equipment, rather than expensive new equipment. Market factors that have not been considered growing medicinal herbs will learn why it 's more important to produce these herbs domestically. The Organic Medicinal Herb Farmer makes a convincing case that producing organic medicinal herbs can be a viable, profitable, farming enterprise. The Carpenters also make the case for incorporating medicinal herbs into existing operations, as it can help increase revenue in the form of value-added products, not to mention improve the ecological health of farmland by encouraging biodiversity as a path toward greater soil health.

A complete guide to medicinal teas from around the world and their amazing healing powers For thousands of years, cultures throughout the world have known the healing power of teas. Tea has been used as a holistic treatment for a host of illnesses, from arthritis to migraines, and is a time-tested all natural path to overall health and wellness. Healing Teas is a complete, easy-to-follow and informative guide, blending together proper methods of preparing teas with the latest scientific research into their homeopathic qualities. Healing Teas also provides a unique A-Z guide to herbs, individual brews, and home remedies. From essiac to kombucha, chamomile to garlic, learn to prepare teas from around the world—and maximize your health.

In use as a medicinal plant since time immemorial in Europe and the Middle East, chamomile is gaining popularity in the Americas, Australia, and Asia. The spectrum of disease conditions in which it is used in traditional medicine systems is, quite simply, mind boggling. There is, without a doubt, a growing demand for this plant and therefore a growing need for an updated refererence for the researchers, cultivators, and entrepreneurs who wish to work with chamomile. Chamomile: Medicinal, Biochemical, and Agricultural Aspects is just that. Based on extensive research, this book provides the latest information on the medicinal, aromatic, and cultivation aspects of chamomile. It covers chamomile 's geographical distribution, taxonomy, chemistry, pharmacology, breeding, and cultivation. The book also discusses the profiles of the several medicinally active compounds of the oil and extracts and how their levels could be increased through breeding. The author highlights several potentially useful compounds discovered in the chamomile oil and extracts and discusses the cultivation and postharvest technology aspects of the plant in different agroclimatic zones including that of India. She presents guidelines on the good manufacturing practices laid out in different systems of medicine and provides an overview of the patents and products of chamomile especially important to researchers and entrepreneurs. Although there is a plethora of information available on chamomile, the challenge has been finding a central repository that covers all aspects of the plant. Some books provide general coverage, others focus on only on pharmacological uses, and many are outdated. This book examines all aspects from cultivation and harvesting, to essential oil content and profile as well as pharmacology and biotechnology. It is a reference for current information, an entry point for further study, a resource for using oils and extracts in product development, and a guide for following best agronomic practices.

Herbs Cultivation & Their Utilization

Crops in Pots

The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-lore of Herbs, Grasses, Fungi, Shrubs, & Trees with All Their Modern Scientific Uses

A Case Study on Chamomile Tea Production

Improving Biomass Production and Quality of German Chamomile (Matricaria Chamomilla L.) Grown in Belgium

Grow Your Own Herbs

Excerpt from A Catalogue of Plants, Growing Without Cultivation, in the Vicinity of Troy Anthemis arvensis, Linn. Corn Chamomile. W. (t y. June. A. 6 - 12 in. Dry waste fields. A. Cotula, Linn. May-weed. W. Y. June (is. 10 - 12 in. Road sides. Tonic, and, in large doses, emetic. Anthoxanthum odoratum, Linn. May - Aug. 21. 12 - 18 in. Road sides and fences. Antirrhinum Zinaria, Linn. Snapdragon. Y. July. 21. 1 - 2 ft. Roadsides. Introduced. Diuretic. A. Canadense? Willd. Flax Snapdragon. 6. June. M. 8 - 12 in. Sandy soil. Roadsides. Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully to preserve the state of such historical works.

Chamomile is valuable crop producing either dried herb for use as a medicinal tea or a pharmacological, steam-distilled essential oil. The production of chamomile in Australia has potential both for import replacement and for export. In Tasmania, there is a significant, established industry in the production of essential oils. This industry must constantly expand and improve its product range to remain viable in a highly competitive market place. The addition of new crops provides a buffer to growers against both market and weather fluctuations. This report details the findings of those assessments and presents the results for consideration by potential participants in the industry.

German chamomile (Matricaria chamomilla Linn.), an annual herb of varied medicinal value belonging to the family Asteraceae Results of the present experimental study revealed that the establishment, growth and yield of German chamomile are adversely affected by the build up of salinity in the growing medium. The response of the two salinity types however, was indifferent in influencing the maturity date. Significant decline in number of flower heads/plant and the fresh weight as well as dry weight of flower head and seeds in the growing medium. The sulphate dominated salinity in this regard was found more depressive than chloride dominated salinity. The accumulation of TSC as well as proline under osmotic stress is ascribed to osmotic adjustment in plants as these help to bring down the osmotic potential of the cell sap, enabling the uptake of water in cells. German chamomile appears to be highly salt tolerant medicinal herb as its plants survived and reproduced at the highest salinity level (16 dSm-1) used irrespectively of crop fields or wastelands affected by salts.

Mayweed chamomile (Anthemis cotula L) is a problematic weed in agronomic production systems in the inland Pacific Northwest (IPNW), primarily in higher rainfall zones. Emerging issues that impact successful management of mayweed chamomile are herbicide resistance and the possibility of increased range expansion resulting from warmer and wetter springs and summers due to climate change. For this reason, growers need a resource that identifies the critical window for mayweed chamomile management in various regions of the IPNW and integrates mayweed chamomile specific growing degree day model has been developed for the pulse and grain production regions of the IPNW and integrates mayweed chamomile growth stage, cumulative growing degree days, seed set, and herbicide application.

A Modern Herbal (Volume 1, A-H)

A Mayweed Chamomile Growing Degree Day Model for the Inland Pacific Northwest

Healing Houseplants

Guide to Tea Garden

A Practical Guide to the Medicinal Teas of the World -- from Chamomile to Garlic, from Essiac to Kombucha

Healing Teas

Identifies and describes the uses of a variety of herbs, explains how to cultivate, harvest, and preserve each herb, and looks at special garden designs

You Love To Drink Tea. Why Not Grow Your Own? If you've ever considered raising your own tea, this comprehensive guide is the place to start. Growing Your Own Tea Garden is packed with inspiration and practical instructions for cultivating and enjoying delicious teas. Author Jodi Helmer helps you plan and plant a productive backyard tea garden, with sample garden designs and cultivation advice. She shows you how to choose the right crops for your soil and climate, starting with the tea plant (Camellia sinensis) and going on through a comprehensive survey of tisanes, or herbal teas. Discover how to grow the full range of herbal infusions that make wonderful teas, from flowering chamomile and lavender to chicory roots, rose hips, lemon verbena, peppermint, aromatic bergamot and more. Jodi shows you how to harvest, dry and store your tea to enjoy all year long, along with brewing tips and creative recipes. Inside Growing Your Own Tea Garden ·

Everything you need to know to create a healthy, bountiful tea garden and enjoy high quality tea · How to grow dozens of crops that make marvelous teas, herbal infusions and decoctions · Sample tea garden designs, including instructions for growing tea in container gardens and raised beds · Understanding the differences between black tea, green tea, white tea and herbal tea · How to dry and store your leaves for consumption on cool autumn days · Let it steep: how to brew the perfect cup of tea

Chamomile provides both a contemporary and historical view of this important herb and its healing properties. Known as a non-specific stimulant to the immune system, it was highly valued in Native American medicine and was used more frequently than any other plant. Today, research shows clear scientific reasons for its effectiveness.

This comprehensive backyard farming guide to growing herbs for its many different uses in food and medicine. Backyard Farming: Growing Herbs for Food and Medicine is your one-top guide for growing and utilizing herbs in your life. Intended to serve as a comprehensive primer for first-time gardeners, detailed illustrations and informative photographs help to eliminate confusion and ease new homesteaders into the world of backyard farming. Growing Herbs for Food and Medicine includes not only instructions on planting, but goes into detail the many different kinds of ways to use herbs such as marinades and garnishes for your meals or as natural remedies and medicinal cures for what ails you.

550 Herbs and Remedies for Common Ailments

Agroforestry in Europe

Cultivating Herbs for Your Health, Home and Wellbeing

How to Keep Plants Indoors for Clean Air, Healthier Skin, Improved Focus, and a Happier Life!

Chamomile for Oil and Dried Flowers

Traceability Implementation in Organic Framing

Discover the healing benefits and uses of common houseplants and fresh herbs—from aloe and dandelion to chamomile and mint—in this practical guide. Houseplants add vibrancy to any home or office, but many also have significant health benefits. That aloe plant sitting on your windowsill can be used as an ointment for scrapes, bruises, and sunburns. A chamomile plant—with its pretty display of white flowers—might be your cure for restless sleep and anxiety. A lavender plant will make your bathroom smell delightful . . . and can also be used as a stress relief medicinal. Various houseplants are known to increase productivity, speed up healing, lower depression, and filter our air from carcinogenic pollutants. Healing Houseplants offers practical information on twelve such plants, including growing and plant care tips, harvesting instructions, remedies, and more. Aloe soothes skin irritations and is excellent for stomach health Rosemary can slow hair loss and enhance memory Chamomile balances blood sugar and is an antibacterial Sage can ease muscle aches and bring mental clarity Dandelions can improve digestion Calendula can reduce skin inflammation The medicinal plants have been used since ancient times for the treatment of human ailments. Over three quarters of the world population relies mainly on plants and plant extracts for health care. The herbal medicines today symbolize safety in contrast to the synthetics that are regarded as unsafe to human and environment. In the primeval times, the Indian sagacious held the view that herbal medicines are the only resolution to treat numeral health related problems and diseases. Although herbs had been priced for their medicinal, flavoring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, for a while. However, the blind dependence on synthetics is over and people are returning to the naturals with hope of safety and security. Understanding the worth and heritage of excellence of medicinal plants the book makes an attempt to provide information on cultivation of medicinal plants and their different uses. This book includes the chemical composition of plants, plant protection, essential oils extracted from plants, cultivation of more than 100 medicinal plants, list of rare medicinal plants and their various uses. The book covers different parameters of medicinal plants cultivation and various ways of their uses. It covers medicinal plants containing alkaloids, steroids flavonoids, glycosides, terpenoids, additives and other active metabolites. We hope that this book will be useful not only for technologists, professionals, but also for farmers, traders, exporters and importers of Medicinal Plants.

In Recent Years, There Has Been A Tremendous Growth Of Interest In Plant–Based Drugs, Pharmaceuticals, Perfumery Products, Cosmetics And Aromatic Compounds Used In Food Flavours, Fragrances, And Natural Colours. An Attempt Has Been Made In This Book To Provide All Possible Pooled Information Including The Research Findings That Have Been Generated By The Division Of Horticultural Sciences, The University Of Agricultural Sciences, The Indian Institute Of Horticultural Research, The Central Institute Of Medicinal And Aromatic Crops, The National Botanical Research Institute, The Regional Research Laboratories, Icar, And Others.

India is one of the leading Herbs producer and exporter in the world. Several meticulous researches were conducted and experimented with herbs. They arrived at more precise conclusions about the usefulness of diverse plants and herbs that are utilized in different fields like medicine, cosmetics, perfumes and so on. The Ayurveda healing is completely based on herbs, which have definite medicinal importance or significance. In the primeval times, the Indian sagacious held the view that ayurveda herbs are the only resolution to treat numeral health related problems and diseases. Herbal products are replacing the synthetics products because of its harsh nature. Herbal products are in huge demand in the developed world for health care for the reason that they are efficient, safe and have lesser side effects. Growing herbs is easy to do, and people continue to turn their love for gardening into successful businesses growing and selling fresh cut herbs, herb plants, and other herb related products. The book makes an attempt to provide information on cultivation and utilization of herbs. The book also contains the described process of the cultivation of medicinal herbs, spices etc with photograph and diagrams. This book also describes about the role of perfumery, analysis of essential oils and flavors, recent development of some natural products and more. This book covers the comprehensive information on herbs cultivation & their utilization. We hope that this book will be very helpful for new Entrepreneurs, Herb Growers, professionals & research Institutions.

Medicinal, Biochemical, and Agricultural Aspects

Echinacea

The Gardeners' Chronicle

Cultivation of Medicinal And Aromatic Crops

Effect of Chloride and Sulphate Salinities on the Growth and Chemical Composition of German Chamomile

Aromatic Plants: Cultivation, Processing And Uses

Growing a garden of tea and herbs can allow you to enjoy your own blends, as well as the beautiful flowers and aromas of fresh herbs. Here, we'll teach you how to plant, harvest, prepare, and brew some of the more popular tisanes and teas. Chamomile is known for its calming effects, but the small, daisy-like flower can also increase appetite and relieve indigestion. The two most popular varieties of chamomile are German and Roman. German chamomile is more suited to small gardens or planters, while Roman chamomile makes a good ground cover.

Aromatic plants have essential or aromatic oils naturally occurring in them. They help heal mental ailments and other diseases. India is endowed with a rich wealth of medicinal plants. Aromatic (Aroma Producing) plants are those plants which produce a certain type of aroma. Their aroma is due to the presence of some kind of essential oil with chemical constituents that contain at least one benzene ring in the their chemical configuration. The chemical nature of these aromatic substances may be due to a variety of complex chemical compounds. These plants have made a good contribution to the development of ancient Indian material medica. In recent years, there has been a tremendous growth of interest in plant based drugs, pharmaceuticals, perfumery products, cosmetics and aroma compounds used in food flavors and fragrances and natural colors in the world. There is a definite trend to adopt plant based products due to the cumulative derogatory effects resulting from the use of antibiotic and synthetics and except for a few cultivated crops, the availability of plant based material is mainly from the natural sources like forests and wastelands. There is a need to introduce these crops into the cropping system of the county, which, besides meeting the demands of the industry, will also help to maintain the standards on quality, potency and chemical composition. During the past decade, demand for aromatic plants and its products has attracted the worldwide interest, India being the treasure house of biodiversity, accounts for thousands of species which are used in herbal drugs. 90% of herbal industry requirement of raw material is taken out from the forests. Some fundamentals of this book are botanical description of the plant, genetic improvement , harvesting, intercropping, transplantation, irrigation and weeding, vanilla cultivation in India, commercial cultivation of vanilla, distillation of herbage for essential oil, effect of growth hormones, jasmine crop improvement & agrotechniques, efforts for new variety of jasmimum auriculatum , essential oils of agarwood, cinnamonam tamala leaves, eucalyptus citriodora and caultheria prAGRANTISSIMA, past and future of sandal wood oil industry, by product development from turmeric and ginger rhizomes, isolation of essential oils and its flavour profile etc. This book contains most of the important aspects related to aromatic plants. It is being published for those who are interested in growing, processing and trading of aromatic plants.

This book will give you the knowledge and confidence to use your own herbs to make inexpensive wellbeing and domestic products from your own garden, without the need for costly commercial preparations, and with an eye to the more natural cultivation of useful herbs, in harmony with nature and in tune with our environment. It offers, to the budding herb grower and experienced gardener alike, a wealth of easy-to-follow advice and achievable projects on: -Cultivating and using herbs for your health, first-aid, wellbeing and beauty -Growing and using herbs to enhance your surroundings and living spaces -How to grow, harvest, dry and look after your herbs -The best designs for your herb garden space -Comprehensive A to Z of first-aid, cosmetic and household herbs

For over 2000 years, preparations of chamomile flowers have counted among the medicinal treasures of many cultural groups. This book provides an interdisciplinary inventory of the scientific level of knowledge about German chamomile as well as Roman chamomile, the two types of chamomile most produced. It includes information for pharmacists and the

Home Herbal

Pharmacographia, a History of the Principal Drugs of Vegetable Origin, Met with in Great Britain and British India, by F. A. Flückiger and D. Hanbury

The 40 Best Culinary Varieties for Home Gardens

Growing and Preserving 97 Flavorful Herbs

The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-Lore of Herbs, Grasses, Fungi, Shrubs & Trees with Their Modern Scientific Uses

Growng Your Own Tea Garden

"There is not one page of this enchanting book which does not contain something to interest the common reader as well as the serious student. Regarded simply as a history of flowers, it adds to the joys of the country." ? B. E. Todd, Spectator. If you want to know how pleurisy root, lungwort, and abscess root got their names, how poison ivy used to treat rheumatism, or how garlic guarded against the Bubonic Plague, consult A Modern Herbal. This 20th-century version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage. From aconite to zedoary, not an herb, grass, fungus, shrub or tree is overlooked; and strange and wonderful discoveries about even the most common of plants await the reader. Traditionally, an herbal combined the folk beliefs and tales about plants, the medicinal properties (and parts used) of the herbs, and their botanical classification. But Mrs. Grieve has extended and enlarged the tradition; her coverage of asafetida, bearberry, broom, chamomile, chickweed, dandelion, dock, elecampane, almond, eyebright, fenugreek, moss, fern, figwort, gentian, Hart's tongue, indigo, acacia, jaborandi, kava kava, lavender, pimpermel, rhubarb, squill, sage, thyme, sarsaparilla, unicorn root, valerian, woundwort, yew, etc. ? more than 800 varieties in all ? includes in addition methods of cultivation; the chemical constituents, dosages, and preparations of extracts and tinctures, unknown to earlier herbalists; possible economic and cosmetic properties, and detailed illustrations, from root to bud, of 161 plants. Of the many exceptional plants covered in Herbal, perhaps the most fascinating are the poisonous varieties ? hemlock, poison oak, aconite, etc. ? whose poisons, in certain cases, serve medical purposes and whose antidotes (if known) are given in detail. And of the many unique features, perhaps the most interesting are the hundreds of recipes and instructions for making ointments, lotions, sauces, wines, and fruit brandies like bilberry and carrot jam, elderberry and mint vinegar, sagina sauce, and cucumber lotion for sunburn; and the hundreds of prescriptions for tonics and liniments for bronchitis, arthritis, dropsy, jaundice, nervous tension, skin disease, and other ailments. 96 plates, 161 illustrations.

With easy recipes using ingredients grown in your window box or the local market, ethnobotanist James Wong shows you how easy--and cheap--it is to make simple creams, salves, teas, lozenges, and much more. James uses his top-class academic knowledge to reveal how many plants contain the same active ingredients as over-the-counter drugs, and offers recipes to relieve a whole range of common conditions, including:
-Digestive disorders: bad breath, heartburn and indigestion, digestion, irritable bowel syndrome, constipation, flatulence, diarrhea
-Skin complaints: athlete's foot, eczema, insect bites and stings, acne, sunburn, age spots, fungal conditions, burn scars, poor foot circulation, chapped hands and sores, insect deterrent
-Kids' remedies: vitamin booster, head lice, eczema, ear wax build-up, colic
-Aches and pains: water retention, varicose veins, aching muscles, arthritis
-Female-specific problems: hot flashes and night sweats, morning and travel sickness, PMS, cystitis
-Under the weather: colds and flu, coughs and sore throats, cholesterol reducer, hangover, cold sores, immune system booster, mouth ulcers, restorative
-Mind: memory enhancer, insomnia, migraine prevention, anxiety, memory booster
-Face and body: hair strengthener, body scrub, bath and massage oil, deodorant, face mask, hand care, bath bomb, exfoliator, face toner/hair rinse, sore eyes, tired/red eyes, glycerine soap, plaque remover and gum soother, chapped lips
With over 150 full-color photos, this book outlines all of the tools, oils, waxes, and powders necessary to get started, and also directs you to suppliers for easy shopping. You'll also find a 60 page reference of the top 100 plants you should consider growing in order to make herbal remedies out of your own garden. So unleash the power of plants and soothe the symptoms of everyday ailments the natural way.
BLEMISHES Witch Hazel Gel 200 g witch hazel twigs and (preferably young) leaves (see Resources on page 218) 2 cups (500 ml) hot water 6 packets vegetable gelatin 2 tbsp vodka 1. Place the witch hazel in a pan with the hot water. Over a gentle heat, slowly reduce mixture to a third of its volume until it reaches about 2/3 cup of liquid (this will take about 1 hour). 2. Line a sieve with cheesecloth, then strain the liquid into a mixing bowl. Set aside to dissolve. 3. Once cool, add the vodka and stir well. Pour the gel into a wide-mouthed jar.
COSIIC Chamomile Syrup 4 handfuls (approx 40 g) German chamomile (Matricaria recutita) flowerheads 4 cups (900 ml) water 2 1/4 cups (450g) sugar or 1 cup (340g) honey 1. In a pan, put the chamomile in the water and bring to a boil. Turn the heat to low, then cover with a tight-fitting lid and simmer for about 20 minutes. 2. Reduce the mixture to 3/4 cup (approx 200 ml) by simmering very slowly with the lid off for an additional 20 minutes. 3. Add the sugar and simmer for a few more minutes, stirring until the mixture looks like syrup. Be careful not to boil rapidly; allow it to bubble just a little. 4. Strain through a mesh sieve and then pour it into a sterilized bottle. Seal with a cork; if the syrup ferments, the bottle might explode. USE For a child, 1 tsp, 3 to 6 times a day. For adults, 2 to 4 tsp, 3 to 6 times a day. Caution: If you are diabetic, do not use. STORAGE Keeps unopened for up to 1 year. Once opened, keeps for 1 week in the refrigerator.
SORE THROAT Echinacea Throat Spray 3 cloves 5 peppermint leaves, finely chopped 5 sage leaves, finely chopped 2 tbsp (30 ml) Echinacea purpurea tincture (from natural food stores) 1. Place the cloves, peppermint, and sage leaves in a small glass bowl, then add the echinacea tincture. Cover and let stand for 2 weeks in a cool,

Originally published in the 1930s, this book is a detailed guide to the cultivation and use of herbs, for both medicinal and culinary purposes. Full of useful information and instruction, this book is still of great practical use to today's reader. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. Hesperides Press are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork. Contents Include: Early Periods and Designs of the Herb Garden Colonial Gardens A Garden of Wild Herbs A Few Important Herb Families and Their Genera Doctrine of Signatures Medicinal Herbs General Horticultural Directions for Herb Gardens Commercial Growing of Herbs Drying and Curing Herbs Uses of a Herb Garden Herbs as a Cottage Industry Cooking With Herbs Check List of Herbs for Modern GardensKeywords: Medicinal Herbs Garden Herbs Cooking With Herbs Herbs Uses Herb Garden Doctrine Of Signatures Medicinal Herbs General Horticultural Directions for Herb Gardens Commercial Growing of Herbs Drying and Curing Herbs Uses of a Herb Garden Herbs as a Cottage Industry Cooking With Herbs Check List of Herbs for Modern GardensKeywords: Medicinal Herbs Garden Herbs Cooking With Herbs Herbs Uses Herb Garden Doctrine Of Signatures Medicinal Herbs General Horticultural Directions for Herb Gardens Commercial Growing of Herbs Drying and Curing Herbs Uses of a Herb Garden With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the Handbook of African Medicinal Plants provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

The Organic Medicinal Herb Farmer

Chamomile

The Guide to Growing and Harvesting Flavorful Teas in Your Backyard

Herbs – How to Grow Them and How to Use Them

Medicinal Plants Cultivation & Their Uses

A Modern Herbal

Table of Contents Growing Essential Herbs Organically Introduction Knowing More about Herbal Plant Culture Some Important Herbs and How to Grow Them Basil [Ocimum basilicum] Chives [Allium schoenoprasum] Horseradish [Armoracia rusticana] Horseradish and Applepore Root Cuttings Sweet Marjoram [Origanum majorana] Parsley Petroselinum crispum Fish Parsley First Method Second Method Fennel [Foeniculum vulgare] Mint Mint Chutney Herb Harvesting Herbal Teas Basil Tea Mint Tea Lavender Chamomile Medicinal Chamomile Tea Sweet Woodruff [Gallium odoratum] Sweet Cicely [Myrrhis oragana] Conclusion Author Bio Publisher Introduction If you have always wanted to grow herbs in your garden or on your windowsill, but did not know how to get things moving, well, here you are. This essential guide is going to tell you all about some of the important herbs, which you can grow very easily on that particular sunny spot on your windowsill or even indoors. Herb Gardens have been considered to be a very valuable part of the garden, for centuries. Monks and nuns in medieval times were very proud of their herb gardens and most of all, they knew all about the curative property of these herbs. They also knew that these herbs were very valuable, in matters of taste, and aroma when added to herbivore bland dishes. Since ancient times, man has known all about the power of herbs, as a medicine, as a food additive, and as an easily cultivated plant resource in his garden. Spices may have been rare to obtain. One needed to travel to all corners of the world to get exotic spices. But herbs, native herbs were easily available in the wild as long as you recognized them. And then you could bring back their cuttings or their seeds and plant them in your own garden. And they flourished there, ready to be picked and to be used in one's own culinary delights and delicacies coming out fresh from the kitchen. This book is going to tell you how you can grow herbs organically. Organically means, that you are going to use natural and traditional ways in which to cultivate these plants. You are not going to use any chemical fertilizers on them. Instead, you are going to be using animal manure and compost as well as other natural products in order to make your herbs grow in the way nature intended their growth.

Mayweed chamomile (Anthemis cotula) is a troublesome weed in small grain and pulse crops throughout the high rainfall zones of the Inland Pacific Northwest (PNW). It is an annual that can germinate in the fall or spring and that reproduces only by seed. Individual plants can produce as many as 17,000 seeds, and seed remain viable in the soil for many years. Preventing seed production is the key to managing mayweed chamomile! While herbicides are an effective tool for mayweed chamomile control, herbicide-resistant biotypes are an increasing concern. An integrated management approach is required for the sustainable, long-term control of this species.

This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1874 edition. Excerpt: ...the Common or Eoman Chamomile, a small creeping perennial plant, throwing up in the latter part of the summer, solitary flower-heads. It is abundant on the commons in the neighbourhood of London, and generally throughout the south of England; and extends to Ireland, but is not a native of Scotland. It is plentiful in the west and centre of France, Spain, Portugal, Italy and Dalmatia; and occurs as a doubtful native in Southern and Central Russia. History--The identification of the chamomile in the classical and other ancient authors seems to be impossible, on account of the large number of allied plants having similar inflorescence. The chamomile has been cultivated for centuries in English gardens, the flowers being a common domestic medicine. The double variety was well known in the 16th century. The plant was introduced, according to Gessner, into Germany from Spain about the close of the middle ages. Tragus first designated it Chamomilla nobilis;1 and Joachin Camerarius, who had observed its abundance near Rome, gave it the name of Roman Chamomile. Production--The chamomile is cultivated at Mitcham, near London, the land applied to this purpose being in 1864 about 55 acres, and the yield reckoned at about 4 cwt. per acre. The flowers are carefully gathered, and dried by artificial heat; and fetch a high price in the market.2 The plant is grown on a large scale at Kieritzsch, between Leipzig and Altenburg, and near Zeiz and Borns, all in Saxony; and likewise to some extent in Belgium and France. Description--The chamomile flowers found in commerce are never those of the wild plant, but are produced by a variety in which the tubular florets have all, or for the greater part, been converted into ligulate florets. In the flowers of some...

Current Status and Future Prospects

Prešov, Slovak Republic, June 7-10, 2006

Handbook of African Medicinal Plants, Second Edition

Nature's Immune Enhancer

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