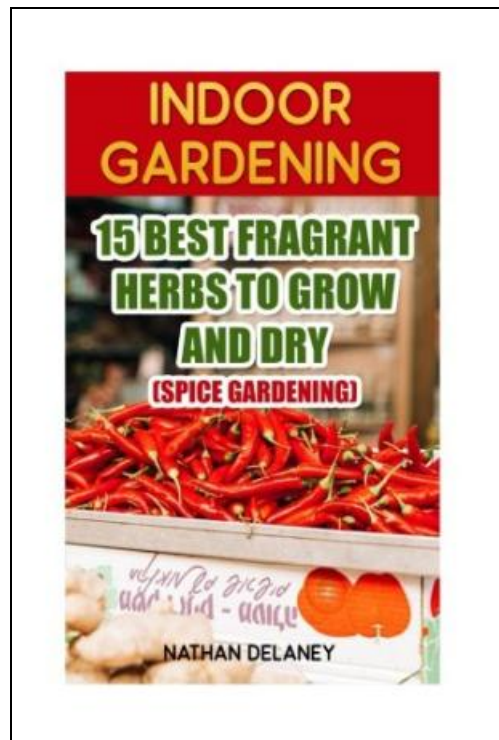


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INDOOR GARDENING: 15 BEST FRAGRANT HERBS TO GROW AND DRY: (SPICE GARDENING) (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Indoor Gardening: (FREE Bonus Included) 15 Best Fragrant Herbs To Grow And Dry (Spice Gardening) Herbs are all around us; they grow in the wild and can easily be cultivated in your own garden to generate a pretty but functional area. Many herbs have a delightful aroma which can lift your spirits or even bring back fond memories of specific food or a specific time. The reality is that herbs have been used in cooking for thousands of years; they have also been used as a medicinal aid. Although modern medical techniques have largely replaced the herbal medications, recent years have seen a surge in interest in these natural alternative medicines. This book will highlight the positive effects herbs can have on your health, it will also show you how easy it is to grow many herbs in your own home; you do not need a big garden or even a small one! It is possible to grow a dozen herbs in just a few pots positioned on your windowsill or somewhere similar. And added benefit of herbs in your home, above the aroma and health benefits, is the fact that they will help you to feel like you are outside; even when you are inside in the middle of winter. Herbs, like any plant will purify the air around you by simply breathing in the carbon dioxide and replacing it with oxygen. This book will: Provide a brief look at herbs and their uses over the years Supply you with five herbs that are exceptionally pleasant smelling,...



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