



# Herbal Plants of Jamaica: Bush Teas, Bush Baths, Flavourings and Spices (MacMillan Caribbean Natural History)

*Monica F. Warner*

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## **Herbal Plants of Jamaica: Bush Teas, Bush Baths, Flavourings and Spices (MacMillan Caribbean Natural History)** Monica F. Warner

This volume provides a well illustrated, easily read, and no-nonsense guide to Jamaican wild herbs and their several medicinal and related uses. The widespread cultural practice of using a multitude of healing, culinary, and cosmetic herbs is distilled to a core of about 70 species.

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