



The Good Herb: Recipes and Remedies From Nature

Judith B. Hurley

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Open this book and step into a new world that is thousands of years old. Let the ancient powers of herbs revive energy, restore health, soothe and beautify, and bring a burst of fresh flavors to your table. Judith Benn Hurley's *The Good Herb* shows how nature's most versatile plants can do their good work in your life.

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