

Lemongrass 214

Eleanor Ford

A Thai Herbal C. Pierce Salguero,2010-09 This practical guide to the traditional herbalism of Thailand contains an overview of the history, theory, and spirituality of traditional Thai medicine, with a focus on the application to modern Western life....

Herbal Antibiotics, 2nd Edition Stephen Harrod Buhner,2012-07-17 With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

Gardening in the Coastal South Marie Harrison,2003 Take a stroll through the garden of a self-confessed hortimaniac. Gardening is Marie Harrison's avocation, passion . . . some might say, obsession. In her personal, witty style (she refers to her husband as Amiable Spouse, or A.S. for short), Marie divulges her own tried-and-true ways of gardening along the coasts of the southeast United States. Marie covers perennials, flowers grown from bulbs, herbs, shrubs and small trees, vines, edible flowers, and herbs for flower borders. A section of full-color photos captures these beautiful plants and flowers in all their vibrant glory. Charming pen-and-ink illustrations are sprinkled throughout the text. Marie discusses the edible and medicinal properties of various plants (there's even a quick tip or two!), as well as coastal considerations such as salt tolerance; environmental issues such as pesticide use, beneficial insects, and exotic invasives; and gardening for birds and butterflies. She also offers her musings on the seasons in Florida and how she spends her time in the garden during each phase of the year. Whether you're seasoned gardener like Marie or a tentative beginner just starting out with a windowsill herb garden, this delightful book will make you appreciate the dirt under your fingernails.

Lemon Zest Lori Longbotham,2002 Lemon Zest also brims with juicy tidbits of lemon lore, as well as household hints for making the most of this all-natural cleanser throughout the home. Complete information on using every part of the lemon, along with advice for selecting and storingand even growing them!--is included, too.

Essential Oils and Aromatherapy Workbook Marcel Lavabre,2020-07-07 A classic, practical guide to the history, science, and art of aromatherapy, updated throughout with recent research and developments • Details more than 70 essential oils classified by botanical family, with discussions of their specific actions and energetic and spiritual properties • Provides specific formulas for common disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual and sexual problems • Explains techniques for using plant essences for beautifying, cleansing, and healing and addresses the controversy surrounding some methods of application Updated throughout with recent research and the latest developments in the use of essential oils, this 30th-anniversary edition of Marcel Lavabre's classic Aromatherapy Workbook provides the most comprehensive practical guide to the history, folklore, science, and art of aromatherapy available today. Examining the origins and applications of aromatics, from the mythical Queen of Sheba to René-Maurice Gatefossé, the author traces the medical, alchemical, and spiritual development of this healing art from classical civilizations up to the present. He explains the mysteries of the olfactory system and how this most ancient sensory system affects our moods, our emotions, and our sexuality. Illustrating the biochemistry of essential oils and how they work on the physical, energetic, emotional, mental, and spiritual levels, he explores more than 70 essential oils classified by botanical family, with detailed discussions of their specific actions. He shows how to use appropriate plant essences for beautifying, cleansing, and healing the body, as well as in massage, aromatic baths, ritual, and spiritual practice. He also addresses the controversy surrounding different methods of administration and explores in depth the risks, benefits, and safety guidelines for each technique. Addressing the fundamental issues of purity and quality, the author discusses the various methods of extraction in detail and includes a special section devoted to the art of blending. He offers specific formulas for common disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual and sexual problems. Lavabre also includes extensive reference tables to provide the reader with concise information on each essential oil and its therapeutic uses. This revised edition offers a perfect step-by-step guide for beginners as well as an ongoing reference for practicing aromatherapists.

Homemade Cleaners Dionna Ford,Mandy O'Brien,2014-01-07 SIMPLE STEPS TO A NATURALLY CLEAN HOME Toxic chemicals are found in almost all commercial cleaners—the very products you buy to make your home hygienic and healthy. Homemade Cleaners offers a better solution. Its tips, tricks and formulas guarantee to make your home sparkling and germ-free. Homemade Cleaners features over 150 recipes that are: • Toxin-Free • Simple and Affordable • Highly Effective • Environmentally Sound • Kid and Baby Friendly Using ingredients like vinegar, baking soda, and even vodka, the authors tackle the nitty-gritty of everything from countertop cleaners to air-purifying plants so you avoid using commercial products that can cause side effects including skin irritation, asthma and central nervous system damage.

The Chef's Garden FARMER LEE JONES,2021-04-27 An approachable, comprehensive guide to the modern world of vegetables, from the leading grower of specialty vegetables in the country Near the shores of Lake Erie is a family-owned farm with a humble origin story that has become the most renowned specialty vegetable grower in America. After losing their farm in the early 1980s, a chance encounter with a French-trained chef at their farmers' market stand led the Jones family to remake their business and learn to grow unique ingredients that were considered exotic at the time, like microgreens and squash blossoms. They soon discovered chefs across the country were hungry for these prized ingredients, from Thomas Keller in Napa Valley to Daniel Boulud in New York City. Today, they provide exquisite vegetables for restaurants and home cooks across the country. The Chef's Garden grows and harvests with the notion that every part of the plant offers something unique for the plate. From a perfect-tasting carrot, to a tiny red royal turnip, to a pencil lead-thin cucumber still attached to its blossom, The Chef's Garden is constantly innovating to grow vegetables sustainably and with maximum flavor. It's a Willy Wonka factory for vegetables. In this guide and cookbook, The Chef's Garden, led by Farmer Lee Jones, shares with readers the wealth of knowledge they've amassed on how to select, prepare, and cook vegetables. Featuring more than 500 entries, from herbs, to edible flowers, to varieties of commonly known and not-so-common produce, this book will be a new bible for farmers' market shoppers and home cooks. With 100 recipes created by the head chef at The Chef's Garden Culinary Vegetable Institute, readers will learn innovative techniques to transform vegetables in their kitchens with dishes such as Ramp Top Pasta, Seared Rack of Brussels Sprouts, and Cornbread-Stuffed Zucchini Blossoms, and even sweet concoctions like Onion Caramel and Beet Marshmallows. The future of cuisine is vegetables, and Jones and The Chef's Garden are on the forefront of this revolution.

Nature's Essential Oils: Aromatic Alchemy for Well-Being (Countryman Know How) Cher Kaufmann,2018-04-17 Lavender is calming and relaxing; lemon uplifting and stimulating. But why do each of these scents provoke specific, visceral responses? In Nature's Essential Oils, certified aromatherapist Cher Kaufmann demystifies the how and why behind essential oils, explaining the environmental factors that impact the chemical make-ups of herbs and plants and how they trigger our physical and emotional responses. This thorough and welcoming guide includes recipes for oil blends that can be used in diffusers and personal inhalers as well as for bath salts, salves, linen sprays, and more. Kaufmann also explains essential oil dilution and safety, shares the best carrier oils for each application, and includes tips for buying and storing oils. With detailed profiles of more than 30 of the most common essential oils for well-being, this is a valuable resource for anyone hoping to expand their knowledge of essential oils and their properties.

The Production of Lemon-grass Oil Merriam Arthur Jones,Noemi García Arrillaga,1950

Everyday Karen Martini,2013-11-01 This is a specially formatted fixed layout ebook that retains the look and feel of the print book. 'From the super-quick to more complex dishes, these recipes will take the stress out of deciding what's for dinner.' In this book Karen Martini shares more than 120 of her favourite everyday recipes, for all the delicious salads, pastas, pizzas, curries, roasts, one-pot dinners, puddings, cakes and biscuits you'll ever need. 'These are the dishes that I cook for my family and friends, that I have honed over time; recipes created when I've been inspired by a new idea, or simply when it's been time to give a household favourite a bit of an overhaul.' With signature Martini twists and delicious takes on the traditional, whether it's Greek-Style Roast Chicken with Potatoes, Oregano and Lemon; Pork and Pine Nut Polpetta; or Sticky Honey and Cinnamon Lamb Shanks; and for dessert, Vanilla & Rosemary Pana Cotta with Scorched Lemon Syrup or Croissant, Chocolate & Hazelnut Pudding, these are

the dishes your friends and family will request again and again. Rediscover the joy of cooking simple, delicious meals with this inspired new collection that will have you serving up great-tasting food at home, every day.

Vibrant Botanicals Jennifer McGruther,2021-04-27 70+ nourishing recipes using adaptogens, herbs, and botanicals to heal, energize, and calm. “With unique and enticing recipes, Jennifer McGruther shows readers how easy it is to welcome healing herbs into their homes and food traditions.”—Rosalee de la Forêt, author of *Alchemy of Herbs and Wild Remedies* When used properly, plants provide a wealth of healing powers. Adaptogens (plant extracts that help the body adapt to stress) and herbs are some of the most potent sources of such energy and immunity—plus they have a host of additional health benefits. Cookbook author and blogger Jennifer McGruther of Nourished Kitchen expertly guides readers through the properties of herbal energetics and how to gain the most from these dynamic sources. Jennifer explains each function and application, and how to extract their benefits into tinctures, infused oils, teas and tisanes, vinegars, and more. And while store-bought adaptogenic powders and elixirs from popular retailers may be a hefty investment, Jennifer’s creations cost only a few dollars to make at home. Vibrant Botanicals provides more than 70 recipes for helping you feel your best when using herbal infusions. You’ll discover how cacao and licorice naturally awaken the body and can be incorporated into granolas, beverages, and breakfasts to jump-start your day. Garlic, astragalus, reishi, and more are showcased in homemade broth and fire cider to help build immunity; while passionflower, ashwagandha, and chamomile are mixed into creamy milk blends and teas to ensure peaceful sleep. Whether you are looking to fortify digestion, lift your spirits, or just enjoy a good night’s rest, Vibrant Botanicals provides the natural solution, through nourishing and herbal-rich recipes.

Adventures in Eating Helen R. Haines,Clare A. Sammells,2010-07-15 Anthropologists training to do fieldwork in far-off, unfamiliar places prepare for significant challenges with regard to language, customs, and other cultural differences. However, like other travelers to unknown places, they are often unprepared to deal with the most basic and necessary requirement: food. Although there are many books on the anthropology of food, *Adventures in Eating* is the first intended to prepare students for the uncomfortable dining situations they may encounter over the course of their careers. Whether sago grubs, jungle rats, termites, or the pungent durian fruit are on the table, participating in the act of sharing food can establish relationships vital to anthropologists’ research practices and knowledge of their host cultures. Using their own experiences with unfamiliar-and sometimes unappealing-food practices and customs, the contributors explore such eating moments and how these moments can produce new understandings of culture and the meaning of food beyond the immediate experience of eating it. They also address how personal eating experiences and culinary dilemmas can shape the data and methodologies of the discipline. The main readership of *Adventures in Eating* will be students in anthropology and other scholars, but the explosion of food media gives the book additional appeal for fans of *No Reservations* and *Bizarre Foods* on the Travel Channel.

Possibility of the Commercial Production of Lemon-grass Oil in the United States Samuel Clarke Hood,1917

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Chinese Medical Gynaecology Eddie Dowd,2017-12-14 Many of the issues that relate to women's health from period pain to infertility, can be self-treated with Chinese medicine approaches, and this clear and practical guide explains how to assess symptoms and choose the most effective form of treatment. Written for women interested in taking a more active role in their own health and well-being, the book covers health issues of the menstrual cycle, pregnancy and post-partum, menopause, fertility, and fibrocystic breast disease amongst others. Taking a holistic approach that includes the traditional Chinese approach that food is medicine, appropriate recipes are included along with other treatment suggestions. The author provides an overview of the history of Chinese medicine and a clear and simple explanation of the principles of its theoretical basis, including the 5 vital substances, organ theory, channel (meridian theory) and the nature of Yin and Yang, thus providing a context for understanding symptoms from a Chinese perspective, and treatments that can be undertaken at home.

The Nutmeg Trail Eleanor Ford,2022-05-24 *Winner of two Gourmand World Cookbook Awards* “What a deep dive this is into the world of spice. . . . And then the recipes! Recipes which allow the reader to travel from Asia to the Middle East along the spice route, taking in so much flavor and so much context on the way.” —Yotam Ottolenghi Through 80 spice-infused recipes, spectacular images, and a mouthwatering culinary journey along the ancient spice trail, award-winning author Eleanor Ford’s luscious new volume reveals how centuries of spice trading and cultural diffusion changed the world’s cuisine and how to best stock and enjoy spices in your own home. From humankind’s earliest travels, people have followed and sought out the spice routes. These maritime trading trails acted as the central nervous system of the world, enabling the flow of goods and ideas. In this richly illustrated volume, Eleanor Ford uses recipes as maps as she takes readers on a culinary journey that weaves through history and around the world. She explores both the flavor profiles and the spread of spices—from cardamom to cinnamon, ginger to sumac—and provides fascinating insights such as how nutmeg unites the spice blends Indian garam masala, Lebanese seven spice, French quatre epices, Moroccan ras el hanout, and Middle Eastern baharat, lending its bittersweet, fragrant warmth to them all. This unparalleled volume provides 80 flavorful recipes for entrees, appetizers, sides dishes, and more, enabling you to make a divine garlic clove vegetable curry, jasmine tea-smoked chicken, Indonesian seafood gulai, as well as staple spice pastes and mixtures to have on-hand. The result will enable you to stock up and to have a home kitchen rich in international flavor and fragrance.

The Complete Illustrated Encyclopedia of Magical Plants, Revised Susan Gregg,2013-12-01 DIVThe ultimate guide to magical plants gets even better in this new edition of *The Complete Illustrated Encyclopedia of Magical Plants*! /divDIVLearn how to improve your life using the spiritual properties all around you in nature. This revised and expanded guide includes the magical properties and uses for nearly 300 plants. Entries describe how to use spells or rituals and potions that solve everything from shooing evil spirits out of a reader’s house to finding the perfect mate to using herbs, flowers, and plants in Wiccan and earth magic festivals. New entries are woven throughout the book to reflect the newest popular healing plants and herbs. Expert Susan Gregg shows you how to concoct tinctures, oils, and bath salts, work with dried leaves, and use fresh plants and flowers to call in fairies and plant divas that will enhance your life. /divDIVThe smaller size of this bestselling encyclopedia makes it a perfect gift for a friend, a family member, or yourself! /div

Sweet Alchemy Yigit Pura,2014-08-19 Recipes from the Top Chef: Just Desserts winner: “As a pastry chef for 25 years, this book inspires me to get into the kitchen and bake.” —Emily Luchetti, author of *The Fearless Baker* Yigit Pura is a sugar fiend . . . and a pastry dynamo. His striking desserts have sparked excitement and devotion from the top pastry kitchens of New York and San Francisco to the winner’s podium on *Top Chef: Just Desserts*. Now, Yigit shares his approach to pastry and his sweet formulas for the very first time. He demonstrates how fun—and simple—it can be to combine straightforward basics into beautiful, multilayered desserts. Each ingredient-driven chapter (sugar, flour, dairy, fruit, and chocolate) contains new twists on traditional recipes, such as Butterscotch Sauce, Sweet Almond Tart Dough, and Baked Berry Meringue Kisses. These playful sweets can be served on their own or combined into irresistible melanges such as the Negroni Creamsicle, a composition of Citrus & Vanilla Bean Scented Panna Cotta, Grapefruit-Campari Gelee, and Ruby Red Grapefruit Supremes, or the Sexy Chocolate Coupe, a chocolate extravaganza that marries Dark Chocolate Cremeux to Bittersweet Flourless Chocolate Cake. Brimming with innovative recipes and classic techniques that will elevate your pastry game, this book inspires you to create your own sweet alchemy.

MUNCHIES JJ Goode,Helen Hollyman,Editors of MUNCHIES,2017-10-24 This cookbook, based on the game-changing web series *Chef's Night Out*, features stories of the world's best chefs' debauched nights on the town, and recipes for the food they cook to soak up the booze afterwards. MUNCHIES brings the hugely popular show *Chef's Night Out* (on VICE Media's food website, MUNCHIES) to the page with snapshots of food culture in cities around the world, plus tall tales and fuzzy recollections from 70 of the world's top chefs, including Anthony Bourdain, Dominique Crenn, David Chang, Danny Bowien, Wylie Dufresne, Inaki Aizpitarte, and Enrique Olvera, among others. Then there are the 65 recipes: dishes these chefs cook when they're done feeding customers, and ready to feed their friends instead. With chapters like Drinks (i.e., how to get your night started), Things with Tortillas, Hardcore (which includes pizzas, nachos, poutines, and more), and Morning After (classy and trashy dishes for the bleary-eyed next day), MUNCHIES features more than 65 recipes to satisfy any late-night craving and plenty of drinks to keep the party going. Chefs include:

Shion Aikawa Jen Agg Iñaki Aizpitarte Erik Anderson Sam Anderson Wes Avila Joaquin Baca Kyle Bailey Jonathan Benno Noah Bernamoff Jamie Bissonnette April Bloomfield Robert Bohr And Ryan Hardy Danny Bowien Anthony Bourdain Stuart Brioza And Nicole Krasinski Gabriela Cámara David Chang Han Chiang Michael Chernow And Dan Holtzman Leah Cohen Dominique Crenn Armando De La Torre Maya Erickson Konstantin Filippou Vanya Filopovic The Franks Paul Giannone Josh Gil Abigail Gullo Tien Ho Esben Holmboe Bang Brandon Jew Jessica Koslow Agatha Kulaga And Erin Patinkin Joshua Kulp And Christine Cikowski Taiji Kushima And Shogo Kamishima Arjun Mahendro And Nakul Mahendro Anne Maurseth Andrew Mcconnell Kavita Meelu Danny Minch Carlo Mirarchi Nicolai Nørregaard Masaru Ogasawara Enrique Olvera Matt Orlando Mitch Orr Rajat Parr Kevin Pemoulie Frank Pinello Rosio Sánchez Brad Spence Alon Shaya Phet Schwader Michael Schwartz Callie Speer Jeremiah Stone And Fabian Von Hauske Dale Talde Lee Tiernan Christina Tosi Isaac Toups Anna Trattles And Alice Quillet Alisa Reynolds Grant Van Gameraen Michael White Andrew Zimmern

Cunningham's Encyclopedia of Magical Herbs Scott Cunningham,1985 Hoping to meet that special someone? Wear a sprig of maidenhair fern. Having problems with your cash flow? Burn cloves as incense to attract riches. Want to enhance your psychic abilities? Brew up some dandelion root tea. In days gone by our ancestors lived in harmony with the earth. They knew which plants could heal and which ones could kill. They also knew that plants harbored magical powers, forces that could be harnessed and directed to fulfill a need -- anything from protecting a house to finding true love. Magical herbalism is the use of these powers to create positive changes. This revised and updated fifteenth anniversary edition contains the folklore and magical properties of over 400 herbs. Far from concentrating on esoteric, unobtainable plants, many of those mentioned within are old friends. The magical properties of onions, cashews, apples, rice, lettuce -- as well as dill, basil, fennel, garlic, and parsley are described. Extensive tables, a cross-reference of folk names, glossary, and annotated bibliography make this a comprehensive and valuable guide to the practice of magical herbalism. Book jacket.

The Top Books of the Year Lemongrass 214 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Lemongrass 214 : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Lemongrass 214 : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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