



## Practical Herbs

*Henriette Kress*

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Finnish herbalist Henriette Kress focuses on herbs that are easy to grow or find in northern Europe--stressing teas over tinctures, as local tradition dictates:

"I'm an herbalist who lives and works in Finland, in northern Europe, and the herbs I've selected to write about reflect this. These 23 herbs are either abundant in Finnish woods and meadows or are easily grown in Finnish gardens.

"However, these herbs have a circumboreal appeal. If you live anywhere near the temperate zone, for example, you're likely to find dandelion, stinging nettles, or horsetail growing in the wild. If you have a yard or garden, you may grow roses, calendula, and California poppy.

"In addition to herbs, I cover many other topics: how to pick herbs and what to do with them once they're picked; how to make herbal oils, salves, and tinctures; which minor ailments can benefit from herbal treatment, and which medicinal herbs can also be used as food.

"And, of course, how to make your own rose beads."

Practical Herbs is written for everyone who likes to harvest and process their own herbs from the wild or from their gardens. This volume includes comprehensive instructions for making herbal tinctures, oils, salves, vinegars, teas, and syrups.

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