



The Book of Herbal Teas: A Guide to Gathering, Brewing, and Drinking

Sara Perry

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Soothing chamomile. Refreshing peppermint. Tangy rose hips. Prized since ancient times for their medicinal properties, herbal teas—mellow, flavorful, and aromatic—are enjoying a modern renaissance. *The Book of Herbal Teas* presents lovingly detailed profiles of 40 popular herbs and spices for making tea, complete with everything tea lovers need to know to grow, gather, blend, and brew them at home. Here, too, are tips on how to use their gentle healing powers to brighten a mood, ease a cold or flu, or bring deep, relaxing sleep. Suffused with a fascinating blend of history and lore and illustrated with lovely photographs, this charming and comprehensive volume offers a refreshing new take on enjoying favorite herbal teas to the fullest.

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