

The Healing Garden: Cultivate Your Garden to Treat, Feed, and Soothe

Caroline Parker

Lucy Mora, Illustrator

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Caroline Parker's *The Healing Garden* is an engaging, beautiful compendium of medicinal and culinary herbs.

The book surprises and inspires as it shares the varied uses and healing properties of forty different herbs and seven "weeds." Its detailed treatment of calendula (*Calendula officinalis*) is an example, showing that in addition to producing lovely yellow flowers, the plant has antiseptic, anti-inflammatory, skin-soothing, and regenerating properties. Dried and stored in an airtight container, calendula will last up to two years. And as the plant is self-seeding, a one-time investment in a pack of seeds returns large dividends. A tasty recipe for Calendula Butter Biscuits is included, with the suggestion to try them dipped in melted dark chocolate.

Written with passion and grace, the book evokes memories of the scent of sun-warmed earth and dreams of bountiful harvests. Lucy Mora's eye-catching illustrations enhance the text with bright splashes of color, aid in plant recognition, and inspire the use of medicinal and culinary herbs to bring beauty and diversity to any garden.

Attractive streamlined charts leave no doubts about when and where to sow; the best growing, harvesting, and storing conditions for each plant; the uses of each plant and its component parts; how to prepare and store harvested plants for medicinal or culinary purposes; and contraindications to their use. Tips are also given for growing in backyards and on balconies and for foraging in fields and forests. Easy-to-follow instructions for making natural remedies, oils, tinctures, and tonics are included alongside recipes for salads, soups, teas, cookies, cakes, and other culinary delights.

Practical and inspiring, *The Healing Garden* is an illustrated guide to growing and using medicinal and culinary herbs for health and well-being.

KRISTINE MORRIS (January / February 2025)

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