



Llewellyn's 2011 Herbal Almanac: A Do-it-Yourself Guide for Health & Natural Living (Annuals - Herbal Almanac)

Susan Pesznecker, JD Hortwort, Chandra Moira Beal, Carole Schwalm, Suzanne Ress, Laurel Reufner, Alice DeVille, Anne Sala, Harmony Usher, Dallas Jennifer Cobb, Katherine Weber-Turcotte, Sally Cragin, Misty Kuceris, Calantirniel, Ellen Evert Hopman

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Add some zing to your love life with home-blended aphrodisiacs. Feel charged up and refreshed every day with energy-boosting smoothies. This practical almanac contains hundreds of ways for you to use herbs to beautify your home, invigorate your life, and strengthen your ties to nature.

Featuring over two dozen articles in five areas--gardening, cooking, crafts, health/beauty, and myth/lore--this edition is filled with hands-on projects and advice for everything from keeping plants healthy and sustainable harvesting to treating ailments and summer party planning.

Keep your pets healthy with specially crafted infusions and ointments

Make your own remedies for headaches, poor memory, and fibromyalgia

Re-create tasty recipes and boost the flavors of your favorite foods with herbal butters

Enjoy a pest-free garden with all-natural pesticides

Learn how to choose plants, gather and dry herbs, and collect seeds

Create aromatic necklaces, potpourri, and sachets for relaxation

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