



# **Llewellyn's 2016 Herbal Almanac: Herbs for Growing & Gathering, Cooking & Crafts, Health & Beauty, History, Myth & Lore (Llewellyn's Herbal Almanac)**

*Charlie Rainbow Wolf, Diana Rajchel, Jill Henderson, Cliff Seruntine, Dallas Jennifer Cobb, Susan Pesznecker, Monica Crosson, Emyme, Clea Danaan, Alice DeVille, Natalie Zaman, Doreen Shababy, Peg Aloi, Estha McNevin, James Kambos, Tiffany Lazic, Stephanie Rose Bird, Danu Forest, Suzanne Ress, Thea Bloom, Elizabeth Barrette, Laurel Reufner, Linda Raedisch, JD Hortwort, Deborah Castellano, Darcey Blue French, Sally Cragin, Anne Sala*

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Now in its 16<sup>th</sup> year and better than ever, *Llewellyn's Herbal Almanac* features dozens of articles that explore the many uses of herbs. From gardening, cooking, and crafts to health, beauty, and lore, this treasury of innovative herbal ideas will improve your life through the power of nature's helpful plants.

Discover friendly fungi for the herbalist, permaculture and the herb garden, herb perfumes, misunderstood mint, a salute to spuds, and inspiration for blackberrying. You'll even find information on dream gardens and shade gardens. From herbal pickling to herbs and trees of the coniferous forest, this practical almanac is your gateway to the herbal kingdom.

- Explore herbal remedies for insomnia and anxiety
- Create natural insect repellent
- Learn the secrets of wildcrafting with weeds
- Make herbal balms, salves, and love charms
- Take inventory of the herb cupboard
- Use herbs to improve the mind
- Reap the benefits of flower essences



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