



Backyard Pharmacy: Growing Medicinal Plants in Your Own Yard

By Elizabeth Millard

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A healthier life is right at your fingertips - or at least only a few steps from your door!

Backyard Pharmacy helps you choose the best "backyard" medicinal plants. All the plants can easily be grown throughout North America by any home gardener, and used for their healing and natural-remedy properties! Author Elizabeth Millard shares her deep knowledge of what to add to your garden to grow your own medicine cabinet to enhance your health.

Each featured plant profile includes:

- A detailed full-color photograph of the plant and key preparation steps.
- Brief histories and descriptions the plants (including recommended varieties).
- The most efficient way to cultivate, care for, and harvest your plant.
- Which parts are the most medicinal.
- A profile of your plant's health and nutritional properties.
- The current state of scientific research on the plant.
- The best practices for any plants requiring special harvesting, storing, or preparation.
- The most effective use of the plant as a remedy, and any precautions you should take.

Richly illustrated with 200 photographs, *Backyard Pharmacy* not only includes photography of the plants, but also images demonstrating step-by-step preparation, harvest, and storage methods to get the best results from your gardening efforts.

Take control of your health. Learn about the benefits of herbs and "backyard friends" and natural health remedies for yourself and your family, and even grow them right in your own backyard.

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Editorial Review

About the Author

Elizabeth Millard is the author of *Indoor Kitchen Gardening*, which focuses on practical tips for growing herbs, vegetables, and fruits in indoor settings. She and her partner, Karla Pankow, also own Bossy Acres, a 100-member community supported agriculture farm in Minnesota that provides seasonal produce to members and area restaurants in an effort to build a strong and sustainable local food system. Millard often leads workshops on vegetable and herb gardening as well as herb preparation, fermentation, and cooking with seasonal ingredients. As editor of local sustainable food site Simple Good and Tasty, she encourages readers to connect with the state's abundance of organic growers, ranchers, food artisans, nonprofit agencies, and each other, forging a stronger food landscape. In addition to farming, teaching, and editing, she has contributed articles to *Hobby Farm Home*, *Experience Life*, and *Urban Farm* magazines, along with many other publications. She and Karla live in south Minneapolis with their two impossibly spoiled dogs, Idgy and Ruthie Mae.

Users Review

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