



Remèdes et recettes au thym (Les bonnes plantes de nos grands-mères) (French Edition)

Laurent Bourgeois

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Aromate méditerranéen par excellence, le thym réveille les papilles gustatives et aide à soigner les petits maux de tous les jours.

Découvrez 50 remèdes et recettes à base de thym : un dentifrice naturel et bon marché, une potion contre la toux, une huile de massage provençale, une liqueur de thym, des tomates à la provençale, une fougasse au thym...

Au sommaire : Introduction - Espèces et variétés - Côté santé-beauté (34 recettes) - Côté cuisine (29 recettes).

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