



Spices and Herbs: Lore and Cookery

Elizabeth S. Hayes

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This introductory guide to the romance of spices and herbs offers historical, geographical, literary, and culinary details. More than 85 familiar and exotic plants are illustrated, examined for legendary lore, and current use. The book also includes 73 recipes, a spice chart, and tips for gardening, drying, freezing, and more. "An adventurous exploration." — *Richmond Times-Dispatch*.

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