

Contents

	Introduction.....	vii
CHAPTER 1	Cures from Countertops & Cupboards	
	On Countertops	1
	In Cupboards	23
	In the Junk Drawer	40
	From the Liquor Cabinet	45
CHAPTER 2	Fridge & Freezer Fixers	
	Dairy Products	52
	Fresh Fruits	61
	Fresh Vegetables	94
CHAPTER 3	Pantry Pharmacy	
	Baking Supplies	103
	Bread & Grains	111
	Condiments.....	118
	Nuts & Seeds.....	123
	Oil & Vinegars	130
	Sweeteners.....	139
	Vegetables	145
	Odds & Ends	150
CHAPTER 4	Spice Rack Relievers	
	Herbs & Spices.....	152
	Seasonings.....	162

CHAPTER 5	Healing Plants	
	On the Windowsill	172
	From the Kitchen Garden	182
CHAPTER 6	Countertop & Cupboard Appeal	
	On Countertops	199
	In Cupboards	211
	In the Junk Drawer	227
	From the Liquor Cabinet	229
CHAPTER 7	Foxy Fridge & Freezer Finds	
	Dairy Products	233
	Fresh Fruits	247
	Fresh Vegetables	281
CHAPTER 8	Pretty Pointers from the Pantry	
	Baking Supplies	287
	Grains.....	295
	Condiments.....	301
	Nuts.....	306
	Oils & Vinegars	309
	Sweeteners.....	320
	Vegetables	328
	Odds & Ends	334
CHAPTER 9	Spice Rack Radiance	
	Herbs & Spices.....	335
	Seasonings.....	345
CHAPTER 10	Bouquets of Beauty	
	On the Windowsill	349
	From the Kitchen Garden	356
	Index	363