



**Herbs:  
Grow 'em,  
Love 'em,  
and Use  
Their Power  
to Heal**



**M**y dear garden friends: You are about to embark on a wonderful journey, and I am proud to be your guide. The path we're about to take will start out in and around your garden and from there meander into your kitchen and pantry. We will continue on to your natural health food store, drugstore, and supermarket, and there will be a few other stops along the way, including your bathtub!

As we progress on our journey, you will learn all about the fascinating, wonderful ways herbs enrich our lives. By touching, tasting, smelling, and feeling the power of herbs, you and your family will appreciate the bounty of benefits they offer you.

## **Herbal Renewal: They're Everywhere!**

Nowadays, herbs are literally everywhere. Take a moment to look around, and you'll see them in the darndest places. Hundreds of varieties bloom with eye-catching beauty outdoors in gardens and indoors in windowsill containers. Herbs fill your spice racks and the crisper drawers inside your refrigerator. They share space inside your medicine cabinet with old standbys like aspirin and cough syrup. And countless manufactured herbs line supermarket and drugstore shelves in tea, tincture, and capsule forms.



## May I Introduce You To . . .

In this book, I'm going to share with you the knowledge and expertise I've gained through the years working with herbs. You're going to learn how to grow and harvest herbs, and I'll even let you in on my cooking secrets and mouthwatering recipes. Plus, I'll shed some light on how to tap the potent medicinal powers of herbs safely and effectively so that you can keep on growing and going like me, well into your 70s, 80s, and even 90s!

The journey begins, naturally, in one of my all-time favorite places on earth — the garden. As a little boy, I was fortunate to be my Grandma Putt's enthusiastic gardening apprentice. She would take my small hand and guide me up and down her garden rows, introducing me to all of her blooming and beautifying friends. Grandma Putt would talk to her herbs just like she would her neighbors — always with kindness and respect.



### ***Jerry's Words of Wisdom***

I've been a huge fan of herbs ever since I was knee-high to the proverbial grasshopper. Why, my Grandma Putt showed me how to use the thick, slippery liquid in aloe leaves to soothe the numerous scrapes and cuts I always seemed to get. Later on, when I started adding herbs to my own garden, I discovered their healing powers all over again. It seems that the older I get, the more I learn, and the more I learn, the more herbs amaze me!



## Grandma Putt's Old-Time Wisdom

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- Grandma Putt taught me the value of plotting out a garden on paper before making my first plunge into the soil with a shovel.
- She told me to think in terms of themes, start small, and slowly expand as I grew more comfortable with her herb friends.
- She also kept a weather eye out, warning me to be prepared and to “never let Jack Frost bring any harm to them.”

I'm happy to say that my Grandma Putt gave me a terrific foundation to grow on. Although I didn't know it then, she gave me a priceless gift: her old-time herbal wisdom that has withstood the test of time. To this day, I consider the herbs that I was introduced to at Grandma Putt's place to be among my closest

friends. I've learned how to give them the best soil and just the right amount of water and light. I've also gotten pretty good at giving them the right “haircut” and even relocating my herbs when they put on a growth spurt. Then, come harvesttime, I'm almost a natural when it comes to knowing where to snip, pinch, tug, or pull at their peak of perfection.

## It's Thyme for Lunch

From the garden, our herbal journey will take us into my favorite room in the house — the kitchen! Now, just stop for a moment, and try to imagine food without herbs. Talk about . . . well, there would be nothing to talk about. Pesto isn't pesto without basil

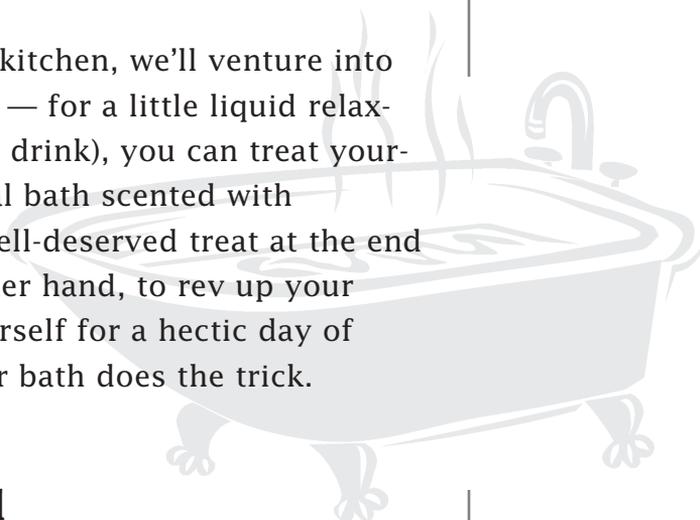


and garlic. A potato is a plain old spud without freshly chopped chives. And I can't even imagine a nice, tall, soothing glass of iced tea without sprigs of fresh peppermint in it.

See what I mean? Herbs tantalize our taste buds and fill our bellies full of flavorful goodness. You'll be able to experience the goodness for yourself once you try my easy-to-make recipes. Why, I have no doubt that your family will be begging for seconds!

## **Sink or Swim: Bathing with Herbs**

Once we're out of the kitchen, we'll venture into the bathroom. Just think — for a little liquid relaxation (the kind you don't drink), you can treat yourself to an aromatic herbal bath scented with chamomile, which is a well-deserved treat at the end of a long day. On the other hand, to rev up your engines and prepare yourself for a hectic day of activity, a nice hot ginger bath does the trick.



## **Herbs That Heal**

Herbs can work wonders, so the final stop on our little journey together will bring us to Healthy Junction. That's right — herbs not only look great, taste great, and smell great, but when used correctly, they can also make us feel great, inside and out! How can you beat that? *You can't!*

With all the fuss and hype nowadays about the medicinal wonders of herbs, you'd think we had just discovered their healing powers. In fact, we're simply

### A BLAST FROM THE PAST

**Long before chemists** and pharmacists began toiling inside high-tech laboratories to create modern-medicine breakthroughs, ancient Chinese women soothed irritated skin with calendula petals, 16th-century Europeans healed wounds with St. John's wort flowers, and North American natives fought colds with echinacea tea. And way before we had prescriptions to lower blood pressure and cholesterol levels, ancient physicians knew of the cholesterol-reducing abilities in garlic cloves.

“rediscovering” natural remedies that have healed folks for thousands of years! My Grandma Putt knew all about them, as did her mother, as did her mother, and so on. We are simply living in what I call the Renaissance Age of Natural Healing.

Many people today are suddenly discovering the calming aroma of lavender and using it to cope with the stress-filled, hectic pace of the 21st century. But how many of you know that this fragrant herb was already the top choice among frantic European socialites in the 17th century? Ginseng is another “new” wonder, heralded as a memory-enhancer. Believe it or not, it's been helping to sharpen memories for over 2,000 years.

I could go on and on, but that's what the rest of this book is for. I've got over 1,300 herbal tips, tricks, and

tonics to share with you that'll make you feel happy and healthy, and enrich your life.

So, are you ready to start the journey toward becoming a better gardener, a more resourceful cook, and a healthier person? If so, roll up your sleeves and let's get going!