



Herbal Plants of Jamaica: Bush Teas, Bush Baths, Flavourings and Spices (MacMillan Caribbean Natural History)

By Monica F. Warner

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This volume provides a well illustrated, easily read, and no-nonsense guide to Jamaican wild herbs and their several medicinal and related uses. The widespread cultural practice of using a multitude of healing, culinary, and cosmetic herbs is distilled to a core of about 70 species.

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- Sales Rank: #2926770 in Books
- Published on: 2007-10-11
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 5.25" w x .50" l, .72 pounds
- Binding: Paperback
- 176 pages

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