MEDICINAL SPICES
Eberhard Teuscher
459 pág.

Taking you on a journey into the fascinating world of spices, from foul-smelling asafetida to devilishly hot chillies, and from sumptuous saffron to fragrant cinnamon, the author describes 300 plants and the spices that are obtained from them from the perspective of a natural scientist. 84 extensive monographs of culinary herbs are presented here, with details of their cultivation, production, constituents, sensoric properties, pharmacological actions, their potential toxicity and their culinary and medicinal uses.

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