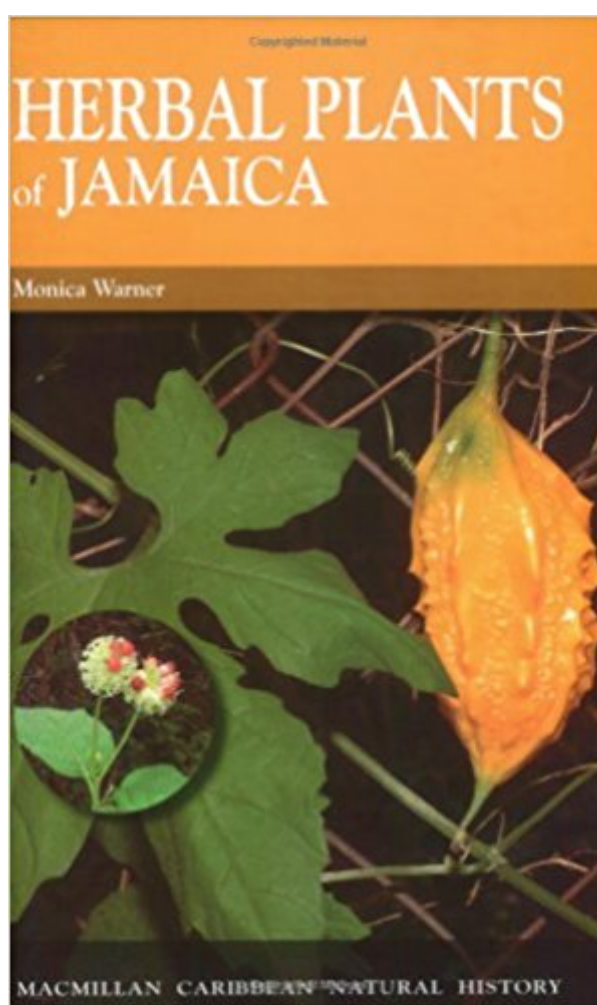


The book was found

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



Synopsis

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.

Book Information

Series: MacMillan Caribbean Natural History

Paperback: 176 pages

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Average Customer Review: 4.3 out of 5 stars 3 customer reviews

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[Europe > England > Bath](#) #1787 in [Books > Travel > Caribbean > General](#) #4202

in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

Customer Reviews

The book is well done and tells interesting facts about the plants, as well as their medical purposes. I liked the way it was organized and written so anyone could understand it. I would recommend it to anyone with an interest in Jamaica and all the plants that grow there. I was on vacation there recently and this book makes the experience more real for someone like me who loves plants.

This book is very informative, however, I wished that more color photos were included in this book, so that I can see what the plants really look like and then be able to see if those plants are known/called by another name in America or other countries.

Very informative.

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