

THE HERB GARDEN – PLANTS FOR FOOD, MAGIC AND MEDICINE



Contents

Preface

Do the plants listen to what you are saying?
Can plants read your thoughts?
Can plants speak to one another?
Can plants see?
Can plants move?
Can you read a plant's thoughts?
Quince
Blackberries
Plums
Monks cress
What works best, rituals or Ritalin?
Why all the evil doctors?
Why do herbs only work on dysentery?
What is the signature wisdom?
But how could they know all that?
Does wormwood protect against the evil eye?
What are Swedish bitters?
What bottles are best?
Does aromatherapy work?
How to best ingest a herb
Mint
Valerian
Wormwood
Lavender
Sage
How does herb collection become sacred?
Where is paradise?
Why collect our own herbs?
Farming the harvest
Can we stop washing our hair?
End arguments with a dead person
What tools do we need?
The last vegetable of autumn
Creatures of dusk
How do flowers know what time it is?
Can flowers speak to outer space?
Fir tree
Crab-apple
Ivy
Rose
Yarrow
Why does wolf's bane get all the attention?
Can you smoke carrot?
How to identify a poison
How to live without killing
Do plants like rock music?
So, what have we learnt?
Ergot
Wolf's bane
Devil's trumpet
Letter from the needy
Thanks to
Some words on the photographs
Reading list
Index

Herbariet – Växter till mat, magi och medicin

Elin Unnes
160x220, 176p.

When you become interested in growing vegetables it's a little like getting stuck bottom first in a barrel – it's treacherously easy to sink deeper and completely impossible to get out. Becoming interested in cultivating herbs and wild plants is considerable more labyrinthine. Some plants may be gorged at will, others are beneficial in small doses, and a few can heal a diseased heart or make a healthy one stop, with only a few milligrams deciding which way it goes.

The *Herb Garden* is a scientific fairy tale and a manual on the cultivation of healing plants from monks cress and sage to ergot fungus and wormwood. A book which describes both how to extract herbal distillate from lavender flowers, how to make your own absinthe, and whether plants can see, hear and read your thoughts.

A bunch of favourite pressed plants and all the infusions, macerations, and alcoholic tinctures to make their magic ingredients available to human beings. For as most herb growers already know: one person's medicine is another's cocktail.

About the author



Elin Unnes is the rock journalist who began living a secret double life as a herb grower. She has been editor for magazines such as *Darling*, *Vice* and *Rodeo*, and writes regular music columns for *Dagens Nyheter*. Nowadays she also writes for *Allt om Trädgård*.

She has earlier written the book *The Secret Gardener* (2014), which won the *Annual Food Literature* award in the Gardening Books category. "The most interesting and educational book I've read all year", wrote Jan Gradvall in *Dagens Industri*.



BENNET AGENCY
SÖDER MÄLARSTRAND 21
118 20 STOCKHOLM
SWEDEN

MOBILE: +46 704 67 42 70
WWW.BENNETAGENCY.COM

