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The Hedgerow Handbook is the perfect tool to have on hand to inspire any foray into Natural Recipes, Remedies and rituals. Each page of the book is beautifully illustrated by Lizzie Harper, making it easy to identify the wide variety of edibles growing in the British hedgerow. Author Adele Nozedar describes beautifully the many varieties of edible plants living amongst the hedgerows of Britain.

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The Hedgerow Handbook is much more than a foraging book - it is an inspiration and a trigger for a new experience of our countryside and for memories: of a summer filled with hot sunny days; or of the time you got drenched in a sudden rain shower miles away from the warmth and dryness of your car or home, which made those blackberry muffins even more enjoyable.

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From the off (you can tell a book by its cover) you know it's going to be a delicious foray into hedgerow foraging; the cover design is lovely and persuades you to delve deeper. Packed with recipes, remedies, rituals and really interesting anecdotal back stories, it's a joy to read. And, the photography is beautiful too.

The Hedgerow Apothecary: Recipes, Remedies and Rituals

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The Field's 7 best recipes for your hedgerow harvest is a delicious selection . The hedgerow is groaning with goodies at this time of year. The hedgerows are bursting with berry delights at this time of year. Don't amble past on your dog walks and let it all go to waste. Go equipped with a basket, pick plenty and your efforts will be rewarded.

The 7 best recipes for your hedgerow harvest - The Field Find helpful customer reviews and review ratings for The Hedgerow Handbook: Recipes, Remedies and Rituals at Amazon.com. Read honest and unbiased product reviews from our users.

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The Hedgerow Handbook Published in 2012, this beautiful little book is officially what the publishers call a 'Best Seller'. Beautifully illustrated by Lizzie Harper, who lives in Hay on Wye, the book came about sort of by default.

The Hedgerow Handbook - Adele Nozedar

The Hedgerow Handbook is the ultimate guide for nature lovers and foragers alike.. If there's one distinctive feature of the British countryside, it has to be the hedgerow. In fact, hedgerows are such an established part of our landscape that sometimes we take them for granted.

The Hedgerow Handbook by Adele Nozedar | Waterstones

The Herbal Remedy Handbook is a collection of practical remedies for home care. It is an ailment and recipe-led reference for first-aid, simple conditions such as coughs and colds, and helpful self-management techniques for more complex conditions such as anxiety and eczema.

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