



# Cooking with Fresh Herbs: Green Energy for the Four Seasons

*Maiga Werner*

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## **Cooking with Fresh Herbs: Green Energy for the Four Seasons** Maiga Werner

The immense diversity of scents and savors offered by herbs is more than a gift from nature – herbs have been part of human culinary habits ever since, as they can be easily found in the nature around us. Their complex taste and healing powers unite harmoniously and provide a sensation of freshness to the palate, be they used in soups, salads or other dishes. Structured by season, this book covers more than 90 different herbs which grow around the globe. It contains many mouthwatering recipes from salty to sweet, all of which feature herbs as the central element.

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