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about the healing properties of herbs, Rosemary Gladstar is the best-selling author of Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide and Rosemary Gladstar's Herbal Remedies for Vibrant Health. She is a world-renowned educator, activist, and entrepreneur, serving as director of Sage Mountain Herbal Retreat Center, the ...

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Rosemary Gladstar is one of the people responsible for reigniting western herbalism here in the U.S. You can

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Read her long list of accomplishments elsewhere, from authoring many books on herbalism, founding the United Plant Savers and the International Herbal Symposium, carrying on the New England Women's Herbal Conference for 30 years, and bringing thousands of people back home to the plants.

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9 herbs and spices (basil, cayenne, cinnamon, garlic, ginger, rosemary, sage, thyme, and tumeric) giving medicinal information and recipes for each one. She then goes on to do the same in less detail for 24 other herbs.

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