



Learn Herbs With Me!: Chamomile Herb

Tina Kauffman

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"Chamomile" is the first herb covered in the "Learn Herbs with Me!" series. This particular book will help people of all ages to learn:

How to use chamomile

How to grow chamomile in your own garden

Proper technique for measuring herbs and incorporating them into your blends

How to prepare a great cup of chamomile tea, with introduction to a variety of methods and the gadgets used to do this

What to do with chamomile essential oil

How to use chamomile externally

Recipe's for chamomile use (15 different recipes, a couple for pets too)

Where to buy good, reliable, organic herbs

It's a great liberating feeling, to know how to make your own tea blends, and even use them to help take care of yourself and loved ones! Through this series, you will learn more about herbs, and gain the confidence you need to make your own recipes to enjoy.

For those who like alternative methods of taking care of yourself and family, this series will provide you with much needed information that will prove to be invaluable in all situations.

If you homeschool your children, you will find this series to be a great resource for your older children. They will learn how to identify and use herbs that are in their own natural environment. I also have plans to turn this series into a certificate program in the future, so I'd love feedback from you!

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Keith Smith:

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Joan Henderson:

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Dolores Parker:

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