

The Lavender Lovers Handbook The 100 Most Beautiful And Fragrant Varieties For Growing Crafting And Cooking

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

LAVENDER: ONE OF THE TOP 5 CASH CROPS FOR SMALL GROWERS. It's time to build your own Lavender business. This 2 in 1 step-by-step guide teaches you everything you need to know to get started! Lavender is a versatile crop and a great cash opportunity for any small farm. Best of all, unlike many other seasonal crops, such as flowers, that are worthless if not sold at harvest time, lavender can be dried and made into even more profitable products. Fresh flowers sell like crazy in farmer's markets, lavender oil is in high demand, and dried flowers are sought after by florists and hobbyists. The simplest way to sell lavender, which needs minimal investment in time and equipment to produce, is as dried flower bouquets. A one-acre planting can produce about 12,000 bouquets per year, worth \$10 each or more on the retail market. With so much focus on local buying in communities, you'll become the go-to person for lavender by those interested in aromatherapy products, natural skin-care products, sachets, and more-the limit is your imagination. Lavender allows you to create a sustainable, year-round income. This easy-to-grow herb lives about 12-15 years, and it's incredibly easy to make valuable products you can sell in the off-season. You'll learn: All the key information about lavender Best lavender types to grow How to grow lavender The most common mistakes to avoid All about selling lavender Best products

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to sell and services to offer Practical and low-cost marketing tips +100 crafts, handmade gifts, and home remedies And so much more! For the small business owner at heart-what are you waiting for? Scroll up, and one-click buy your copy, and get started today!

A heart-warming story about a young, purple penguin named Cameron, who grows up in a village of red and blue penguins. Cameron knows that he is somehow different from the other red and blue penguins in his village, but doesn't let that stop him from finding happiness. Through his experiences, Cameron learns about equality and the importance of being true to himself.

There is a serious problem with our modern fruits and vegetables! The produce we feed our family members is far less healthy now than at any other time in human history! Does that statement bother you? It should! How and why did this happen? What can we do about it? Most importantly, how can you ensure that you are feeding your family the most healthy, most nutritious fruits and vegetables possible? If you are going to grow a tomato in your garden anyway why not grow the healthiest, most phytonutrient-rich tomato packed with the most lycopene and antioxidants possible? Are you planning to grow lettuce? Why not grow the lettuce that packs the most nutrition into every leaf? These simple questions are at the very heart of the author's concept of "Phytonutrient Gardening." In this first book in a series of three, Joe Urbach, creator and publisher of the popular website www.GardeningAustin.com and creator of The Phytonutrient Blog answers those questions and more while providing gardeners with a wealth of information including which specific varieties of your favorites to grow to get the biggest nutritional bang for your gardening buck! Filled with fascinating details about the state of modern produce and backed by state-of-the-art research and scientific testing, this useful book will change your life by changing how you look at produce. Read just a few pages and you will change the way you garden, the way you buy groceries, the way you store your produce and even the way you cook your meals! Changes all for the better! Leading to a healthier, more active and longer life!

A 2015 William C. Morris YA Debut Award Finalist Magical realism, lyrical prose, and the pain and passion of human love haunt this hypnotic generational saga. Foolish love appears to be the Roux family birthright, an ominous forecast for its most recent progeny, Ava Lavender. Ava — in all other ways a normal girl — is born with the wings of a bird. In a quest to understand her peculiar disposition and a growing desire to fit in with her peers, sixteen-year old Ava ventures into the wider world, ill-prepared for what she might discover and naive to the twisted motives of others. Others like the pious Nathaniel Sorrows, who mistakes Ava for an angel and whose obsession with her grows until the night of the summer solstice celebration. That night, the skies open up, rain and feathers fill the air, and Ava's quest and her family's saga build to a devastating crescendo. First-time author Leslye Walton has constructed a layered and unforgettable mythology of what it means to be born with hearts that are tragically, exquisitely human.

She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is

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a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

“Kathi guides you to all the joys of an aromatic garden with wonderful tips, fascinating facts, and sumptuous photos.” —Mandy Aftel, acclaimed natural perfumer and author of *Essence and Alchemy* and *Fragrant The Aromatherapy Garden* explains how fragrant plants can be as therapeutic as they are intoxicating, and how easy it is to add this captivating element to gardens large and small. It reveals the scents, secrets, and science behind fragrant plants, and how to optimize the full benefits of fragrance. Hone your powers of concentration with lemon verbena. Beat the blues with wintersweet. And use rose geranium to relieve anxiety and stress. Revealed here are the scents, secrets, and science behind plant aromatherapy, and how to optimize its full benefits. Detailed plant profiles will help you create a beautiful source of restorative aromas, oils, sachets, teas, and more. The nose knows—and with Keville’s expertise, now you too can create your own sanctuary of health and happiness

It's okay to be different. What makes Gemma different? Gemma loves to wear sweaters, she wears them everywhere she goes. Her friends Giselle and Marvin and her sister Rose encourage her love of sweaters throughout the year. Gemma goes on many adventures with Giselle and Marvin as the year goes by. Join her as she learns to skydive, fish, paint, and a whole lot more. Gemma loves school and reading and all she dreams about are her friends and the new adventures they will have when they are together. Along with the reader portion join Gemma in adventures of your own as you color in the coloring pages included at the end of the story.

Lavender is beloved for its and culinary and medicinal uses. In *The Lavender Lover's Handbook*, lavender farmer Sarah Berringer Bader shares her knowledge and passion for this beautiful and endlessly versatile herb. With stunning color photography, Bader presents a complete overview of the 100 most colorful, fragrant, and stunning varieties of lavender. She also shares expert tips on spacing, planting, pruning, and care and maintenance. Additional information includes tips on how to harvest, cook with, and preserve the plant, along with step-by-step crafts and project that use lavender in beautiful and soothing ways.

Lavender - The Perfect Cash Crop for Small Growers. Lavender farming can produce a substantial income for small growers. The fresh flowers are sold in bundles or used to make lavender oil, and the dried flower bunches are sold to florists and hobbyists for dried arrangements and wreaths. The harvested lavender is also used to make dozens of value-added products, from dried buds to aromatherapy products, skin-care products, sachets and herbal pillows. All are easy to make and in demand from consumers who love the scent of lavender. That's the beauty of lavender - unlike other perishable crops, nothing goes to waste, and profits are year-round. Lavender is a long-lasting, easy to grow herb with a lifespan of 12-15 years. New plants are usually produced from cuttings, so it's easy to replace older plants, expand your growing area or produce lavender plants for sale at almost no cost. In addition, because lavender is so easy to dry, it can be used to make value-added products year-round instead of just during the growing season. You can start a lavender growing

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business with just a small amount of money - as little as a few hundred dollars for plant starts and hand tools. In this step-by-step guide, you'll discover: Best lavender varieties for commercial growers. Top 5 lavender varieties for essential oil production. Top 5 lavender varieties for culinary use. 20 proven ways to add value and increase your profits 200% to 800%. Wholesale sources for lavender plants. Wholesale sources for value-added skin care ingredients. Lavender organizations in the U.S. Canada, Britain, Australia and New Zealand. Is it really better to have loved and lost than never to have loved at all? Tara Tremaine is a woman with a mission - to pick up the pieces of a life she turned her back on and win back her estranged husband, Danny. Nothing will stand in Tara's way, least of all the dangerous secret that drove them apart or Danny's growing feelings for another woman... Since arriving in Polwenna Bay hardworking vicar Jules Mathieson has put duty above her own heart. Jules adores her new life by the sea and secretly loves troubled war veteran, Danny Tremaine. When Tara returns Jules knows stepping away from him is the right thing to do, no matter how much it hurts. Danny Tremaine's world has been shattered. With life-changing injuries, a broken marriage and his glittering military career abruptly over, he returns to the family home to a rebuild his broken body and heart. Danny knows his friendship with Jules could blossom into more but allowing this to happen will come at a very high price - one that could cost him everything. With Christmas fast approaching Jules, Danny and Tara are not the only people in the village with secrets and long cherished dreams. Maybe with a little seasonal magic, some winter wishes really will come true?

Here are more than 100 recipes that will bring beautiful flower-filled dishes to your kitchen table! This easy-to-use cookbook is brimming with scrumptious botanical treats, from sweet violet cupcakes, pansy petal pancakes, daylily cheesecake, and rosemary flower margaritas to savory sunflower chickpea salad, chive blossom vinaigrette, herb flower pesto, and mango orchid sticky rice. Alongside every recipe are tips and tricks for finding, cleaning, and preparing edible blossoms. You'll also learn how to infuse vinegars, vodkas, sugars, frostings, jellies and jams, ice creams, and more with the color and flavor of your favorite flowers. Fresh from the farmers' market or plucked from your very own garden, a world of delectable flowers awaits! The Northwest Herb Lover's Handbook teaches readers how to grow, decorate, heal, and cook with herbs that are native to, or thrive in, the Northwest climate. Mary Preus provides a delightful entry into the world of herbs with detailed instructions for growing 50 herbs and ideas for how to enrich your life through their use. Easy and delicious recipes, herbal crafts and gifts, landscaping with herbs, traditional and modern medicinal use, aromatherapy-it's all here in The Northwest Herb Lover's Handbook.

A single moment in time can change everything... The sudden death of her mother turned Taylor's life upside down. Walking away from her independence and beloved career as a photojournalist, she sacrificed her dreams to salvage her mother's life work. Endless days of tiring routines leaves her desiring more. Sharing an unexpected conversation with a mysterious stranger, Taylor finds her heart reawakening to possibilities she long ago put to rest. Embarking on a romantic journey, Taylor fights to forget her painful past. Surrendering to the current of change, she finds herself once again struggling to keep her heart from being crushed, yet still allowing the man of her dreams the chance to tear down the walls of defense. Practice your decision making skills by working on these mazes. Sure, you can decide for yourself but sometimes you get used to your daily tasks that you miss out any other details not covered by your day-to-day. Mazes challenge your routine and they make you a better problem solver. Believe in the benefits of mazes. Grab a copy today!

Indistinct voices, strange visitations and unusual dreams have begun to plague Nineteen-year-old Khari days before her return from London to her Oregon home. As the occurrences have spawned haunting emotions she thought she had escaped, she realizes she can't ignore them any longer and begins to surrender to their pull. Feeling weary and a bit crazy, Khari struggles

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to cope with what is happening to her. She is forced to open up about herself, only to find out secrets were kept from her by those she trusts the most. She then begins a problematic journey toward self-discovery and uncovers more than she ever imagined possible. But, continuing toward understanding requires Khari to face a dangerous figure, risk of death and a fight for love. Kharishma explores the importance of family ties, both past and present, the consequences of love and hate, and the power of believing in ones self. It is a story of deception, humility, discovery and the strength of bonds to the seen and unseen. It is a story that will not be easily forgotten and will leave you wishing for more.

From the winner of The Rachael Ray Show's Great American Cookbook Competition, a compilation of sophisticated yet approachable recipes along with the heartwarming—and often humorous—tales that inspired them. Fanny Slater has been at home in the kitchen since before she could reach the stove. Standing on chairs to watch her parents form the perfect crab cake or whip up their famous brownie batter, Fanny developed a flair for cooking that has continued into adulthood. In a fun new cookbook packed with as much irresistible charm as the self-taught cook herself, Fanny—a homegrown food enthusiast and winner of The Rachael Ray Show's Great American Cookbook Competition—brings you on a journey through the mouth-watering foods of her childhood, updated with eclectic twists for the modern palate. From Fanny's sweet and savory Orange, Lavender and Fig Sandwich, to her tangy and crunchy Butternut Squash Tacos with Apple-Fennel Slaw, this unique book is filled with delicious, one-of-a-kind recipes. You'll love Fanny's quirky "Fanfare Tips," which range from wine pairings to presentation advice gleaned from years of catering, as well as "Flippidy Doos," which provide creative ways to pair leftovers. With her must-have recipes and whimsical anecdotes, Fanny's cookbook is a celebration of the stories, people, and ingredients that have guided her along the path to foodie stardom.

Beth Chambers' life is no fairytale, even if she feels like a damsel in distress. After four years in a destructive relationship, Beth has decided enough is enough and leaves her girlfriend, taking with her only her dog Dudley, her broken spirit, and a shattered view of life. At her lowest point, she meets Amy Fletcher, a woman who has it all—and whom she believes would never want more than friendship. But what Beth fails to realise is that there are definitely two sides to every story. Could Amy Fletcher be Beth's Princess Charming? Could her story end with a happily ever after?

Shayla had no idea her life would turn out like it did. She had two kids, independent, a college degree, owns a Top Business Consulting firm in Buckhead, Atlanta and a Non-profit organization for the community, but in the midst of it all she was Trapped. Trapped in love, hate, lust and PAIN!! She had a natural body that these women would die for, her personality made her beautiful, her presence was unreal and she had a smile that would lighten up your darkest days. Shayla wasn't your average chick she was street and book smart, but had one problem men was her weakness. She picked the men she had the weakness for. Shayla was living a triple life and the walls were starting to close in on her fast.. Shayla was focused on her businesses, but on the flip side enjoyed herself, She never meant to hurt anyone feelings, so she tried to be as upfront as possible when they would ask, which was never so, she never offered the information. She is about to go for the ride of her life, she's a street girl by nature, maybe she can get herself out it. Her best friend Kisha is by her side to support her until Shayla finds out her secret. Shayla is into deep.....

Lavandula species are mainly grown for their essential oils, which are used in perfumery, cosmetics, food processing and aromatherapy products, and for their use as ornamental plants and ingredients in numerous cottage industry products. Certain types of lavender oil have also been shown to have antimicrobial and antifungal properties. The dried fl

Will he ever find his love again or will she always just be a memory?

Home is where the heart is... Seven years after leaving town and the only girl he loved, Cooper

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still couldn't forget about Sophia. He had two loves. Music and the woman of his dreams. Coming back home proved that would always be true. But things have changed. Now he has to gain her trust again if he wants to make her all his. The question is, did he lose his chance the first time? Some things are hard to forget... Sophia tried to stop loving Cooper and failed miserably. Despite the way he'd abandoned her seven years earlier, she can't seem to stay away, even though trusting him doesn't prove easy. One careless night could change it all and the secret she carries may ruin any chance of them being together. They say life is all about taking chances. But when opportunities are lost and love comes knocking the second time around, lives are changed forever.

Are you awed by the smell of flowers or the busy buzz of the bees? Are you awed by the all of the snow or the rustle of the trees? In *The Book of Awe*, readers are reminded to take a minute and see the beauty in the everyday things around them.

In this complete, practical guide leading lavender specialist Virginia McNaughton details more than 200 lavender species and cultivars, including many that are adaptable, hardy and dependable.

Kamari Grade was a well-known troubleshooter for the most discerning clients. But when called to investigate one of the most powerful men in financing, she's thrown into the world of Huron Base. Financiers were usually polished in word and deed, but there was a sexy arrogance to Huron that blared former thug and it wasn't an image he wanted to forget. When the lovely troubleshooter crossed his path she was everything he loved about his life—challenge, drive, determination, strength, success, beauty ... For a man who could acquire anything, the allure of such a conquest was irresistible. Discover the joys of desserts and luscious drinks made with culinary lavender. Sunny Savina, proprietor of Seattle's beloved herbalist shop *The Hidden Alchemist*, shares her favorite recipes. Her recipes are fresh, the results astonishing. The instructions are direct, with easy to follow directions.

"I think it pisses God off when you walk by the color purple in a field somewhere and don't notice it." —Alice Walker *The Lavender Lover's Handbook* provides a complete checklist of the color, fragrance, size, and foliage of the 100 easiest, most stunning lavenders available today. In addition to details about spacing, planting, pruning, Sarah Berringer Bader offers tips to harvest, cook, and craft with this wonderful herb. The abundant variety, hardiness, fragrance, and culinary opportunities make lavender one of the most popular and versatile plants, and with this practical and accessible guide, it's easier than ever to grow lush lavender at home.

The appeal of lavender extends beyond its fragrance to the rich yet delicate flavor it adds to a variety of foods. Here's the first cookbook to focus on ways the aromatic herb can be used to enhance ordinary ingredients. More than 90 recipes, such as Grilled Lavender-Honey Chicken, Stuffed Zucchini Blossoms with Lavender Goat Cheese, and Double Chocolate and Lavender Gelato, highlight appetizers, soups, salads, entrees, baked goods, and desserts, with tips on growing and preserving lavender.

Unlock the power of one of nature's most beneficial herbs—and explore the many modern applications of lavender. Learn to make nourishing, all-natural, and affordable remedies for mind and body, as well as home cleaning products. Plus, discover lavender as a culinary ingredient and whip up delicious cocktails and more! Here, you'll find simple herbal remedies, tips, and projects for inspiration, relaxation and well-being, as well as info for growing and cultivating your own lavender plants. Harness the natural power of lavender with recipes for: • Lavender Matcha Latte • Yoga Mat

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Freshening Mist • Dried Lavender Fire-Starters • Lavender Frosé • Day's End Tea • Blue Day Lavender Roll-Away • Nourishing Lavender Makeup Remover • Lavender and Rose Fizzy Bath Salts • Sweet Dreams Diffuser Oil • Soothing Eye Pillow The book covers gardening (favorite varieties and pollinators); preserving (harvesting, drying, and extracting culinary oil); body care (essential oils, aromatherapy, oral remedies); the mind (stress relief and sleep); skin care (including allergens); cleaning (antiseptic and antifungal properties); food (pantry essentials); and projects (including gifts).

Loving Greatly: A Couple's Guide To Igniting Love And Happiness In Their Relationship, the 7th book written by prolific writer Winsome Campbell-Green, is a book that seeks to help couples who have the desire to work together to make their marriage or relationship work. It's not often you come across a book that is gripping, poignant and riveting, and offers practical solutions to issues couples are facing. Honest, inspiring and written from the heart, Winsome Campbell-Green shares personal experiences of her own marital journey. The book teaches you how to: -Escape co-dependency and discover your voice -Love authentically within a relationship or marriage -Defy expectations and learning how to respect the differences in relationships -Avoid relationship mistakes and learn how to meet your needs -How to ignite the sparks of friendship, passion and romance in your marriage -How to be the best version of yourself by adapting a healthy lifestyle to bring you closer as a couple -Invest in each other emotionally, physically and spiritually in order to shine together and -How to love yourself from within and boost your self-esteem. Throughout this book, Winsome Campbell-Green offers useful and practical solutions as wife after God and a true woman of purpose. Her hope is that this book will help couples to enjoy and experience a more meaningful relationship and marriage. You can read this book as many times as you want to fire up the love, passion, romance and happiness in your relationship and marriage!

Always wanted to have your own Garden full of life and energy? Whether you want to learn which plants work better with others, how to grow healthy blossoming flowers, or which techniques you need to master to help give you that fantastic looking garden? all year round this book will help!!! Here are some of the things you can expect to find inside ... How to plan and design your garden Common mistakes to avoid Which plants and vegetables beginners should start with Tools and Equipment to kickstart your success How to maintain a healthy garden all year round MUCH, MUCH, MORE! No matter what your? gardening experience and skill level is at, ? The Complete Guide to Gardening for Beginners? provides the advice and inspiration? you need to grow the garden of your dreams!

Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life.

Enhanced with 70 color photos and 80 well-tested recipes from soups & entrees to desserts, this cookbook offers the secrets to cooking great dishes with culinary lavender. A feast for all the senses

The Ultimate Spinach Recipe Guide Spinach and leafy green vegetables like it are among the

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most nutritious of low calorie foods. Not only is spinach good for you, but it is an incredible immune system bolster that can protect you against myriad health problems throughout your life. However, in order to get the most out of every serving of spinach, you must understand exactly how and why to eat it. We have collected the most delicious and best selling recipes from around the world. Enjoy! Health Benefits Spinach is very low in Saturated Fat and Cholesterol. Spinach is a good source of Calcium and Iron. Spinach is high in Dietary Fiber, Protein, and Vitamin A, C, E. Introduce Spinach Recipes into your Diet Today!! Scroll Up & Grab Your Copy NOW!

Whether you love to cook, enjoy experiencing new flavors or simply reading about unique culinary techniques, Kathy Gehrt's new book, Discover Cooking with Lavender, provides a sumptuous exploration into the world of lavender. Discover Cooking with Lavender offers readers 75 recipes for Sugars, Seasonings

Lavender is a plant with herbal qualities. The flowers and the leaves are used to make medicinal teas. Lavender is commonly used for anxiety, stress and insomnia. It is also used for depression, menstrual pain, and many other things, but there is no good or proven scientific evidence to support many of these uses. In foods and beverages, lavender is used as a flavor component. In manufacturing, lavender is used in pharmaceuticals and as a fragrance ingredient in soaps, cosmetics, perfumes, and candles. Lavender (scientific name Lavandula angustifolia) is commonly known with its many uses, including its use in aromatherapy, wholeness, and a connection between Lavandula angustifolia and Lavandula latifolia, from which lavender oil is obtained. There is so much to Lavender as a plant and cultivating it, the best part is that you can also grow your own lavender plant and have a garden or farm of your own. The harvested lavender can also be used to make dozens of value-added products, from dried buds to aromatherapy products, skin-care products, sachets and herbal pillows. All are easy to make and in demand from consumers who love the scent of lavender. That's the beauty of lavender - unlike other perishable crops, nothing goes to waste, and profits are year-round. Lavender is a long-lasting, easy to grow herb with a lifespan of 12-15 years. New plants are usually produced from cuttings, so it's easy to replace older plants, expand your growing area or produce lavender plants for sale at almost no cost. In addition, because lavender is so easy to dry, it can be used to make value-added products year-round instead of just during the growing season. This Comprehensive Guide book will enlighten you on everything you need to know

A how-to book that teaches how to farm hardy varieties of lavender in high elevation and cold climates. Includes the basic premise for farming lavender anywhere in the world. Innovations in farming, harvesting, curing, and storing techniques as well as recipes, history, and craft instruction. Based on experience gained from a failed farm compared to a newly established state-of-the-art farm in western Montana.

How to Grow and Use Lavender. A Comprehensive Guide in Growing and Using This Fragrant Herb. This book is a detailed guide in how a person can grow a lavender plant from seed as well as from a bought plant. This book contains details of optimum growing conditions as well as details regarding the maintenance required for this plant. This book also covers details regarding the harvest and use of its plant.

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Escape from the everyday stresses in your life and unwind with Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1. The first book in this great new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can leave your thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great

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prizes. Vote for your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relaxing stress relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join countless adults all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side today.

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