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Commemorative Edition

Indigenous Healing Plants

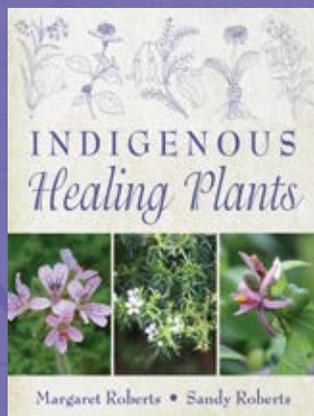
AUTHORS: Margaret Roberts • Sandy Roberts

ISBN: 978-1-875093-82-3

EXTENT: 320 pages

FORMAT: 280 x 210 mm

**Hard cover, full colour throughout,
150 photographs, line drawings**



Indigenous Healing Plants is a fascinating compilation of the uses of more than 140 indigenous plants, from well-known garden favourites such as agapanthus and scented geraniums to lesser known plants like agt-dae-geneesbossie and ashwaganda. Margaret Roberts, in her inimitable style, shares the story of each plant's history and its various uses – medicinal, in cooking, as natural insect repellents and deodorisers – along with tried-and-tested recipes, as well as brief notes on how to grow it in the garden. The plants are illustrated by Sandy's full-colour photographs, alongside Margaret's delicate line drawings.

This fully updated and expanded edition of *Indigenous Healing Plants*, which was first published in 1995, now includes an additional 15 indigenous medicinal plants as well as a new section on naturalised weeds and foraged food plants.

This book records traditional wisdom and practical information on the many uses of indigenous South African plants and will appeal to anyone interested in health, gardening, cooking and home-crafting. It also offers a historical perspective and botanical detail that will be of interest to students of Botany, Homeopathy and Medicine.

ABOUT THE AUTHORS: **Margaret Roberts**, South Africa's herb doyenne and national treasure, received a Laureate Award from Pretoria University for being one of the first organic farmers in South Africa. She has dedicated her life to sharing her knowledge of medicinal and functional food plants, health and gardening through her books, radio and television appearances, lectures and demonstrations. Margaret established the Herbal Centre at De Wildt where she has done ground-breaking work with her daughter Sandy, trialling unusual medicinal and useful plants in harsh South African conditions. She has authored more than 40 books during her 55 years in the industry.

Sandy Roberts has been working alongside her mother at the Herbal Centre for the past 32 years as a chef, product developer and business partner. She runs the restaurant at the centre and lectures on a range of topics related to health and organic gardening. She is a talented photographer whose work regularly appears in magazines. She shares her passion for herbs with Margaret and continues the legacy at the Margaret Roberts Herbal Centre.