



Plantas aromáticas para la cocina y la salud: Cómo cultivarlas y conservarlas en casa (Spanish Edition)

Bénédicte Boudassou

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Aprende a cultivar las plantas aromáticas y cómo conservarlas en casa

Las plantas aromáticas siempre han sido las mejores aliadas para transformar nuestros platos. Nos ayudan a evocar los sabores de antes y a descubrir otros nuevos, además de ofrecer un sinnúmero de beneficios para nuestra salud y bienestar en el día a día.

Para disfrutar de las plantas aromáticas y su cultivo, solamente hay que seguir los consejos de esta guía, que nos permite:

- o Conocer con detalle las plantas aromáticas y sus particularidades.
- o Aprender las mejores técnicas para su cultivo, recolección y conserva.
- o Consultar 40 fichas ilustradas con consejos para su uso y consumo, información sobre sus propiedades saludables y mucho más.

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