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**HERBS & SPICES – The**

*Page 30/38*

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*Complete Herbal Guide*

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*Guide Herbs are natural*

*'weeds' or wild plants and  
unlike many flowering plants  
they have not been bred or  
mutated into something more  
pleasing to the eye. They*

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*remain in their original state and as such they are most often hardy and easy to grow with a natural resistance to disease.*

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