



Gertrude Messners Kräuterhandbuch: Altes Wissen neu entdecken (German Edition)

Gertrude Messner

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Die bekannte "Willkommen Österreich"-Kräuterbäuerin gestattet einen Blick in ihre "Natur-Schatzkammer" und sie zeigt in der Sendung, was man mit Kräutern alles machen kann oder gegen welche Wehwehchen sie eingesetzt werden.

Sie weiß viel über die gesundheitsfördernden Kräfte von Pflanzen. Neben Informationen zu den heimischen Kräutern - Erkennen, Sammeln und Verarbeiten - verrät sie zahlreiche Rezepte für Salben, Öle und Tinkturen sowie vielerlei Anwendungen für Küche, Schönheit und Wohlbefinden aus der Volksheilkunde. Erfahren Sie alles über Wirkungsweisen heimischer Kräuter bei Mensch und Tier. Lesen Sie Wissenswertes für die ganze Familie und das ganze Jahr. Staunen Sie über die wunderbare Welt der Kräuter.

Gertrude Messner bewirtschaftet mit ihrem Mann einen kleinen Bergbauernhof in Brandenburg/Tirol. Mit den Schätzen aus ihrem Kräutergarten stellt sie Teemischungen, Salben, Öle und Kräutersalze her.

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