

For over 25 years, Isabell and her husband Derrick, have lived on their picturesque farm at Nambour, Queensland, and grown and distributed herbs on the Sunshine Coast and by mail order. Their large collection of culinary and medicinal herbs, spices, fruit, rare edibles and seed varieties have been sought after by gardeners throughout Australia and internationally. They have supplied herbs for cooking demonstration by 'The Naked Chef' Jamie Oliver, and displays for international expos. Over many years, the farm held open days, when Isabell would take people and bus groups on farm walks showing many edible plants. The farm has been featured on numerous TV programs, including **Gardening Australia** and **Totally Wild**. With Isabell's experience and knowledge of growing and using herbs, she has taught courses on herbs at the Sunshine Coast TAFE, and areas in Queensland, and has often been asked to speak at schools, herb and garden clubs, permaculture and organic growers' groups, expos and organisations interested in natural health. For over 10 years, Isabell was a guest on **ABC radio Coast FM** for the popular segment, Herb of the Week. Isabell has assisted universities and botanical gardens in sourcing plants for display and research. Tertiary students and classes from colleges undertaking herbal courses visited the herb farm to see herbs in 'real life'. International students came for practical experience, and a group of Malaysian doctors visited the farm to learn about herbs and for ideas of established educational herb gardens. Isabell has written articles for numerous national magazines, and readers have appreciated her down-to-earth, easy to read style. Many people have been eagerly awaiting this herbal, as they say, Isabell brings together all the relevant and important information, so that they do not need to read a dozen books.

Isabell writes from her extensive experience, personal observation, wealth of knowledge on herbs, and brings them 'to life' for the reader. Her abounding enthusiasm is contagious, which encourages people to be more self-reliant and self-sufficient in food and medicine; it truly is a life enhancing book, for every person interested in natural health. The book has some amusing, fascinating folklore, and anecdotal true-life incidences of benefits people have experienced with using herbs, which will inspire all readers. The book is totally engrossing with practical ways of using herbs and edibles.

- Herbs relate to health
- The aroma of herbs delights the senses, and give pleasure to grow.
- Herbs are rich in vitamins, and in minerals, chlorophyll and natural antibiotics
- Many herbs have valuable alkalising benefits
- Herbs are rich in antioxidants
- Herbs aid the digestion
- Herbs contain pain-relieving properties
- Herbs support the innate healing process
- Herbs strengthen the immune system
- Value herbs as preventative medicine

"In all the places I have travelled and worked in the world as a Permaculture designer and teacher, I've never met anybody who has such a depth and diversity of knowledge of individual plants, their functions, cultural uses and the growing conditions they require as Isabell Shipard. This book is destined to become a classic reference for everyone who needs to understand all the vital characteristics of herbs, for medicinal, culinary and functional uses. In the quest for sustainability, we are lucky to have such information available in explicit detail."

- **Geoff Lawton**, Director, Permaculture Research Institute, The Channon, NSW, Australia

"This is an impressive book. The real breadth and depth of Isabell Shipard's experience combined with detailed and extensive research make this a very rich and empowering book. Giving you most practical and accessible ways to actively participate in caring for your health, it is a highly valuable source of guidance and help."

- **Lynnette Webby**, Life-change Consultant and Researcher, Sunshine Coast

"Staying healthy is important to me. Many people, who make an intelligent decision to take responsibility for their own personal health and wellbeing, value the holistic approach to health care. This comprehensive herbal handbook is an indispensable reference tool. Whether you need a textbook on herbs, a handy survival manual or a practical guide to growing herbs, this book is it! You will love this book, it will inspire and motivate you to use the knowledge, to *get growing*, and reap the benefits of a living, sustainable, food supplementation and first-aid kit – in your own backyard. Be prepared to change your lifestyle, increase your savings, to have a healthier family AND to enjoy a great read!"

- **Christine Bennett**, Full-time Carer, Sunshine Coast

"Australia has waited 20 years for her first home-grown herbal, but here it is at last! Isabell has always been the source of plants and advice for many of us, her admirers. We can be proud of her encyclopaedic work (Acerola to Yucca) on plants, which includes a vast reference background, as well as practical advice. "Shipard on herbs" is destined to be one of those foundation books that will be in print for the next century. Buy one for yourself, and your grandchildren."

- **Bill Mollison**, Founder, The Permaculture Institute