



Remèdes et recettes à l'ortie (Les bonnes plantes de nos grands-mères) (French Edition)

François Couplan

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Pour vous, l'ortie n'est sûrement qu'une détestable mauvaise herbe. En fait, elle s'avère dépurative, très riche en protéines et fertile... d'où l'utilisation du purin d'ortie dans le domaine du jardinage ! Voici plus de 50 remèdes et recettes à base d'ortie : shampoing à l'ortie, savon à l'ortie, soupe d'ortie, lasagnes aux orties, sorbet ortie-huile d'olive, infusion d'ortie...

Au sommaire :

- Une présentation des différentes espèces d'orties
- 21 remèdes de santé-beauté
- 26 recettes de cuisine
- 5 moyens d'utilisation en déco et jardin

et des conseils et astuces pour utiliser efficacement l'ortie.

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