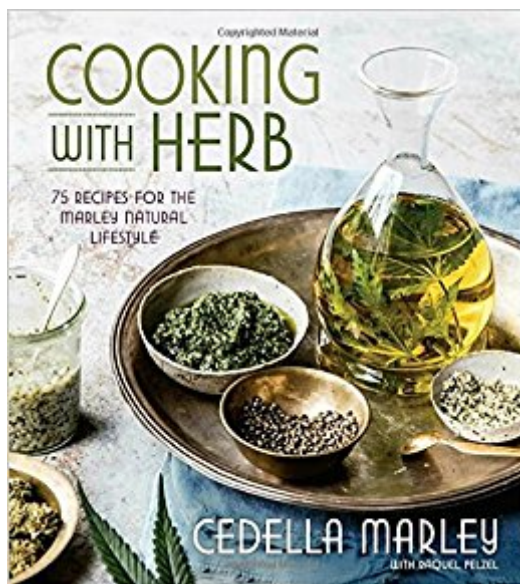


The book was found

Cooking With Herb: 75 Recipes For The Marley Natural Lifestyle



Synopsis

Cedella Marley shows how cannabis can be part of a clean, green, healthy life, and shares tips first-time users and marijuana devotees can use to enhance their wellness routines and favorite recipes with a natural “Marley high.”

Cooking with Herb is more than a collection of recipes—it’s a lifestyle book reflecting the Marley Natural brand’s holistic clean living philosophy. Wellness guru Cedella Marley, the daughter of famed reggae legend Bob Marley and the face of the premium cannabis brand, grew up in Jamaica with the familiar scent of The Herb and experienced its restorative and spiritual properties firsthand. Today cannabis still plays a role in her wellness regimen, whether it’s in her hemp-based moisturizer or in a soothing morning tea, and in *Cooking with Herb*, Cedella shows readers how they too can experience the healing benefits of cannabis safely and pleasurably. She guides readers on the questions they should ask at dispensaries, offers insights on today’s more potent weed, demystifies the process behind controlling the dosage of cannabis in edibles, and shares a collection of more than 75 Caribbean-inflected, canna-boosted recipes (along with strategies readers can use to integrate these dishes into their entertaining practices). And because food is only one aspect of Cedella’s wellness routine, she also highlights the other ways she uses cannabis, sharing recipes for homemade beauty scrubs and hair treatments—even tips readers can use to elevate their yoga and meditation practices. Filled with practical information, beautiful photography, and Cedella’s personal stories about growing up with her famous father, *Cooking with Herb* will teach readers to use and enjoy cannabis in a manner that’s enlightened, respectful, and responsible.

Book Information

Hardcover: 240 pages

Publisher: Pam Krauss/Avery (July 25, 2017)

Language: English

ISBN-10: 0553496441

ISBN-13: 978-0553496444

Product Dimensions: 8.8 x 0.9 x 9.8 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #516,667 in Books (See Top 100 in Books) #80 in Books > Cookbooks, Food & Wine > Regional & International > Caribbean & West Indian #813 in Books >

Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #1485 in [Books](#) >
Cookbooks, Food & Wine > Entertaining & Holidays

Customer Reviews

Cedella Marley is a singer, designer, entrepreneur, and the first-born daughter of reggae singers Bob and Rita Marley. She is the CEO of Bob Marley's recording label, Tuff Gong International, and the author of the children's book One Love. She lives in Miami with her husband and three children.

Great cooking book but I wish there were more photos of recipes, the only 4 out of 5 stars. But overall I am enjoying the book a lot. Also there is body skin care too.

I purchased the Kindle edition yesterday so only had a chance to make the CannaOil and I used the stove top method which Cedella recommended. I really like this book for quite a few reasons: Well written and easy to follow For beginners like me (started using Cannabis for medical reasons) the authors explain the chemical properties and how they work in the real world. For instance, I have heard about dosing sizes 5mg 10mg but did not know how that worked in my home kitchen. The authors explain this. One thing you need to know is how much THC is in the "Herb" in order to ascertain dosing amounts. The recipes are fun are mostly all Jamaican based but I think the ingredients should be easily sourced. You can make the recipes with or without Herb. There are lots of anecdotes about the Marley family. I look forward to trying some of these recipes and it also gave me information how to incorporate Herb in other dishes. This book is great for beginners like me and I think people already knowledgeable about Herb could have fun with the recipes. It has just enough information to not be overwhelmed for beginners.

[Download to continue reading...](#)

Cooking with Herb: 75 Recipes for the Marley Natural Lifestyle Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Indoor Herb Gardens: An Introduction To Growing Herbs Inside (Indoor Gardens, Indoor Gardening, Indoor Herb Gardens, Indoor Herb Gardening Book 1) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Ziggy Marley and Family Cookbook: Delicious Meals Made With Whole, Organic Ingredients from the Marley Kitchen Marley

Legend: An Illustrated Life of Bob Marley Bob Marley Quotes: Abstract Lessons from Bob Marley
Marley And Me: The Real Bob Marley Story Marley: Strike Three, Marley! (I Can Read Level 2)
Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One!
(Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy
snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People
(Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) African holistic Health:
Complete Herb Remedy Guide, Dis-ease Treatments, Nutrition, Diet, Wholistic Perspectives, africa
Herb Histroy, Self Diagnosis, Charts, Wholistic Sex Laws, Herpes and AIDS Treatments, Cocaine
Detox, and Foods That Kill Organic Herb Gardening For Beginners: Herbal Gardening The Right
Way - Herb Gardening Vol. 1 (Organic Gardening) The New England Herb Gardener: Yankee
Wisdom for North American Herb Growers and Users (Gardening & Country Living) Low Carb
Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy
Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes Camping
Cookbook: Camping Recipes Made Easy: 50 Recipes! Featuring Foil Packet Recipes, Dutch Oven
Recipes, Campfire Grilling Recipes, and Campfire Cooking Recipes Welcome to Wok World: Unlock
EVERY Secret of Cooking Through 500 AMAZING Wok Recipes (Wok cookbook, Stir Fry recipes,
Noodle recipes, easy Chinese recipes ,...) (Unlock Cooking, Cookbook [#2]) Paleo Recipes for
Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free
Cooking, Wheat Free, Paleo Cooking for ... Diet,Antioxidants & Phytochemical (Volume 5) Paleo
Recipes for Beginners: 230+ Recipes of Quick & Easy Cooking, Paleo Cookbook for
Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods
Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy
Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One,
Whole Foods Diet,Antioxidants & Phytochemical

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)