



Plants With Benefits: An Uninhibited Guide to the Aphrodisiac Herbs, Fruits, Flowers & Veggies in Your Garden

Helen Yoest

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Are some plants aphrodisiacs, or is that just a myth? Garden expert and plant detective Helen Yoest takes us on a romp through history, lore and ethnobotany to find out how 50 of these plants got their "hot" reputation – and what modern science has to say about it. Discover which common garden plants and favorite edibles have that "something extra," and why. **Plants With Benefits** is filled with lush photography, growing tips, and recipes for preparing teas, potions and tasty treats for your pleasurable use. Can a plant create feelings of arousal, contentment or receptivity? It looks like the answer is yes. This is the first book about selecting garden plants for their sex appeal.

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