

**Christine Saahs**

Photography by Ulrike Köb

In collaboration with Dr. Christine Saahs

Cooking with the power of nature

Recipes with herbs that nourish and heal

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Treat and take care of yourself – this is the motto of Christine Saahs, doyenne at the Nikolaihof in Wachau (Lower Austria), Austria's oldest vineyard with a long history reaching back almost 2000 years. Saahs puts a lot of love and knowledge into bringing together recipes that refresh and quicken both body and mind: Medical plants growing in the forest, in the grass or even on our windowsill, find their way into the cooking pot just as fresh, local fruit and vegetables, and sometimes – in moderation – a piece of meat. Beauty doesn't fall short either: Easy-to-make creams and oils, crafted by means of well-trying Demeter guidelines, help enhance our skin and hair.

In this pleasurable day-to-day cookbook for body, mind and soul, Christine Saahs unites practical tips and tricks on how to keep or regain our health, use our food efficiently and protect our soil for a healthy future worth living!

The Authors:

Christine Saahs is a passionate cook and farmer. She lives and works at the Nikolaihof, Austria's oldest vineyard, well known for biodynamic agriculture and Demeter certified resources.

Dr. Christine Saahs is a physician and Christine Saahs's daughter. For this book, she contributes health tips for body and mind as well as her knowledge on medical plants and their effects.

Written by the pioneer for biodynamic winegrowing and sustainability

Recipes with local herbs & flowers

Medical tips for a healthy life by her daughter, the physician Dr. Christine Saahs

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