



**The Everything Hot Sauce Book: From Growing to Picking and Preparing - All You Need to Add Some Spice to Your Life! (Everything (Cooking)) (Paperback) - Common**

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# **The Everything Hot Sauce Book: From Growing to Picking and Preparing - All You Need to Add Some Spice to Your Life! (Everything (Cooking)) (Paperback) - Common**

*By (author) Angela Garbes*

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Explains the many health benefits of hot sauce like how it can improve digestion, help combat the common cold, battle the blues, and even relieve the pain of arthritis. This book helps readers learn how to grow and cultivate hot pepper plants and how to prepare delicious dishes with hot sauces.

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