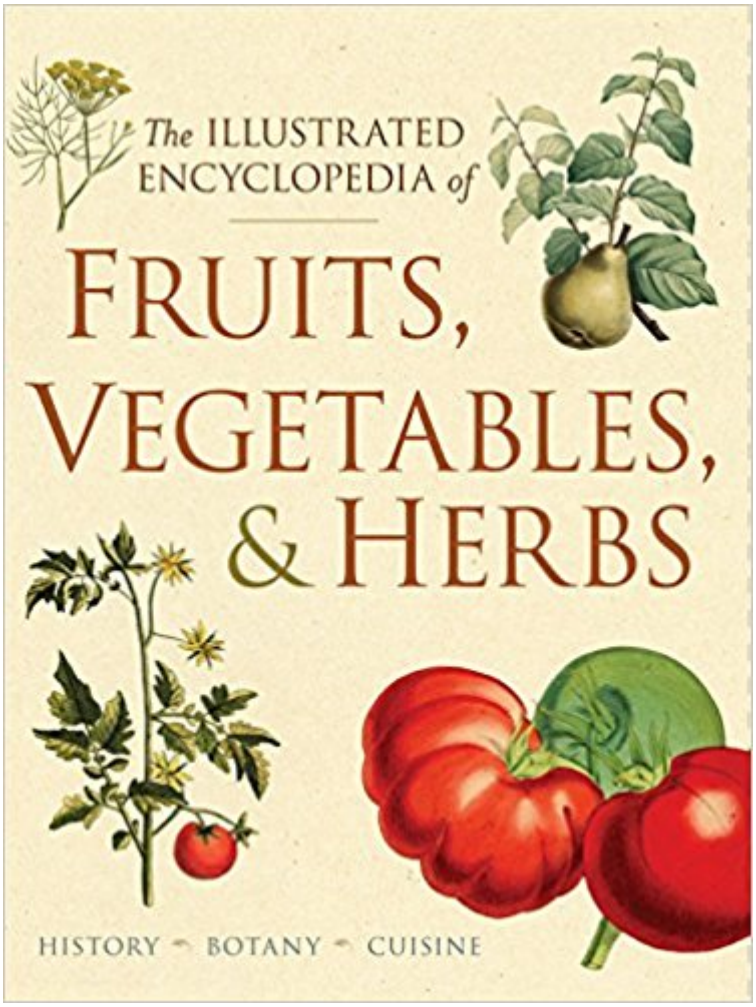
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The Illustrated Encyclopedia Of Fruits, Vegetables, And Herbs: History, Botany, Cuisine



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Synopsis

From roots and shoots, almonds to zucchini, field and forest to the family table-this delectable guide reveals the intriguing stories of the world's favorite food plants. The Illustrated Encyclopedia of Fruits, Vegetables, and Herbs covers every edible plant you can imagine. It invites us on a gorgeously illustrated tour through the world garden to discover the origins, traditions, and contemporary culture of more than 450 fruits, vegetables, nuts, grains, herbs, and spices. It's the explorative home cook's best friend in the kitchen, an edible guide for the vegans, vegetarians, and omnivores alike. Splashed with hundreds of appetizing images and written by top culinary and horticultural experts, it also tells individual stories in an extensive directory of species which lists geographical origins, botanical facts, traditional uses, and culinary tips for hundreds of plants.Throughout the lively narrative, The Illustrated Encyclopedia of Fruits, Vegetables, and Herbs tempts us with layers of information:The little-known geopolitical role of food plants-how agriculture caused cities to blossom, and how the taste for spices drove global exploration and conquest. Our endeavors towards a 'green future,' viewed in light of the need to feed the world's burgeoning population. Legends and lore of natural remedies, with an update on a plant whose medicinal claims have been made for centuries. The lineage of regional classics such as Italian tomatoes, Irish potatoes, Hawaiian pineapples, and Hungarian paprika; all are 'exports' from the lands that made them famous. Kitchen tidbits galore-how to prepare tasty Asian greens, where to store berries, what type of peppercorn to choose for various dishes, and more.Take this bounty of knowledge... combine with 500 mouthwatering photographs... and savor a scrumptious resource for useful information and fascinating reading.

Book Information

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Customer Reviews

Deborah Madison founding chef of the Greens restaurant in San Francisco, has long been committed to local and sustainable approaches to growing food, and has, through cooking, writing, and teaching helped chefs, home cooks, and young people make that connection for themselves. She is the author of nine cookbooks, including Local Flavors, many of which have received prestigious awards from the James Beard Foundation and the International Association of Culinary Professionals, among others. Madison has had an abiding interest in the diversity of edible plants, and the Greens restaurant was among the first restaurant to introduce exotics such as arugula, fingerling potatoes, and golden beets to the dining public in the late 1970s. A board member of the Seed Savers Exchange. Madison gardens and writes at her home in New Mexico.

great book

The half this book my reading did peruseIncreased awe at the world of plants we eat.They've fed us long. Their global use--diffuse.They health sustain with nourishment replete.When dinosaurs declined, nuts first appeared.New mammals ate with fish and grew large brains,Then settled agriculture pioneered.With farming, civilized folk made great gains.Through trade, crops' source and sale grew far apart.From Southeast Asia, citrus reached the WestFive centuries 'fore common era's start.These plants were sought in empires', fortunes' quest.Their lengths through time and travel I sense more--The crops convenient at the groc'ry store.

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