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NUTS

for the food gardener



growing quick, nutritious crops anywhere
by

Louise Riotte

Photo

NUTS for the food gardener

GARDEN WAY

Nuts For The Food Gardener Growing Quick Nutritious Crops Anywhere

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Nuts For The Food Gardener Growing Quick Nutritious Crops Anywhere:

Nuts for the Food Gardener Louise Riotte, 1975-02-01 Top 100 Food Plants Ernest Small, 2009 This beautifully illustrated book reviews scientific and technological information about the world's major food plants and their culinary uses. An introductory chapter discusses nutritional and other fundamental scientific aspects of plant foods. The 100 main chapters deal with a particular species or group of species. All categories of food plants are covered including cereals, oilseeds, fruits, nuts, vegetables, legumes, herbs, spices, beverage plants, and sources of industrial food extracts. Information is provided on scientific and common names, appearance, history, economic and social importance, food uses including practical information on storage and preparation, as well as notable curiosities. There are more than 3000 literature citations in the book, and the text is complemented by over 250 exquisitely drawn illustrations. Given the current alarming rise in food costs and increasing risk of hunger in many regions, specialists in diverse fields will find this reference work to be especially useful. As well, those familiar with Dr. Small's books or those with an interest in gardening, cooking, and human health in relation to diet will want to own a copy of this book. Publisher's web site **Nuts for the Food Gardener** Louise Riotte, 1975 *North American Cornucopia* Ernest Small, 2013-09-23 Many North American plants have characteristics that are especially promising as candidates for expanding our food supply and generating new economically competitive crops. This book is an informative analysis of the top 100 indigenous food plants of North America, focusing on those species that have achieved commercial success or have substantial market potential. The book's user-friendly format provides concise information on each plant. It examines the geography and ecology, history, economic and social importance, food and industrial uses, and the economic future of each crop. *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1976 *Organic Gardening and Farming* Jerome Irving Rodale, 1975 **National Union Catalog**, 1978 **Books and Pamphlets, Including Serials and Contributions to Periodicals** Library of Congress. Copyright Office, 1976 Subject Catalog Library of Congress, Whitaker's Cumulative Book List, 1977

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