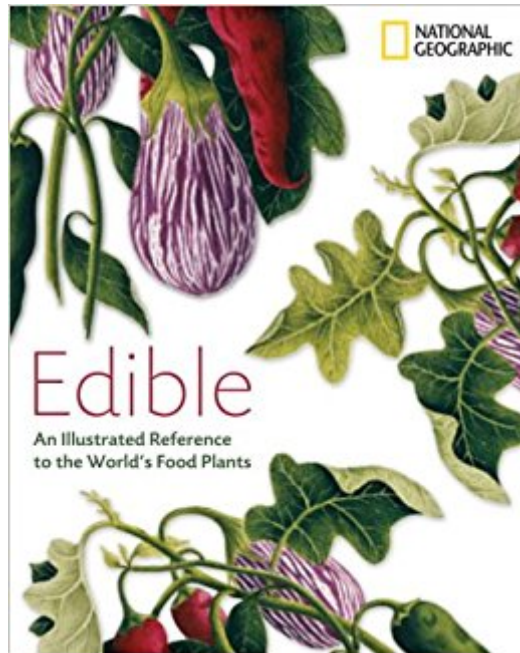




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Edible: An Illustrated Guide To The World's Food Plants



Synopsis

A natural choice for the millions of people turning to a healthier lifestyle, this book invites readers on a sumptuously illustrated walk through the world garden to discover the story of some 250 food plants from field to table. Illustrated with more than 500 images and written by top international horticultural and culinary experts, the sumptuous *Edible* explores the origins, history, and contemporary cultural and culinary uses of fruits, vegetables, nuts, grains, beverage plants, herbs, and spices. A rich introduction begins the book, revealing early agriculture and our "green" future. Then an eight-chapter "Food Directory" cameos individual plants, with reader friendly layouts framing each entry with its biography, botanical description, culinary role, and healing powers. In addition to the lively and authoritative narrative, *Edible* intrigues readers with layers of information: literary quotes, boxes on ancient origins of exotic foods, political underpinnings, nutritional values, longstanding remedies, and more. Tantalizing anecdotes dip into such diverse topics as the Japanese Cherry Festival; cacao, Mayan "food of the gods;" and the 17th-century Nutmeg Wars, which determined New York's future. A glossary and index complete the book. The National Geographic Desk Reference to Nature's Medicine has proven itself a steady sales record. With huge appeal for both the health-conscious and the legions of devotees who follow today's chefs in the media, *Edible* is a recipe for success.

Book Information

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Customer Reviews

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supporting the work of scientists, explorers, photographers, and authors, as well as publishing a diverse list of books that celebrate the world and all that is in it. National Geographic Books creates and distributes print and digital works that inspire, entertain, teach, and give readers access to a world of discovery and possibility on a wide range of nonfiction subjects from animals to travel, cartography to history, fun facts to moving stories. A portion of all National Geographic proceeds is used to fund exploration, conservation, and education through ongoing contributions to the work of the National Geographic Society.

Perfect for the cost!!!! I got this super cheap and its hard cover. Super good info, there is very few fruits and veggies missing that i know about, but since i know about them i dont need it but maybe would have been better for other people if it was a full-inside on edibles other than that i love it!

My wife thought it would be odd for me to order this book for our toddler. However, we leave it out where she can get to it. She will look at the nice pictures on her own, and ask us what many of them are. It is not surprising that our little one also likes farmer's markets. Commercial packaging for fast food can be very appetizing. This book makes edible natural foods look interesting and compelling. Regardless of what you have typically eaten, there will be something new and interesting in here for you.

This book is full of beautiful color photos and information about the origins of a lot of fruits, vegetables, grains, and spices--some of which I had never heard of before! There are cultural references about the people who originally used the food, and who uses it now. There is nutritional information, including a reference chart in the back, and descriptions of how the food is usually cooked or eaten. It's really fascinating, and would make a great gift for anyone who likes to cook. Visually it's very appealing, too.

Good all around; illustrations format all well done. Can navigate it.

Wonderful pictures, and great info. If anyone has a reason to study edible plants from different regions around the world, this is for them

Well presented and quite informative. Information provided are quite useful.

Excellent book, more than I've expected. I bought it as used, but actually it is as good as new.

My husband has been searching for this book. I'm glad we found it and arrived fast at our doorstep!
Thank you!

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