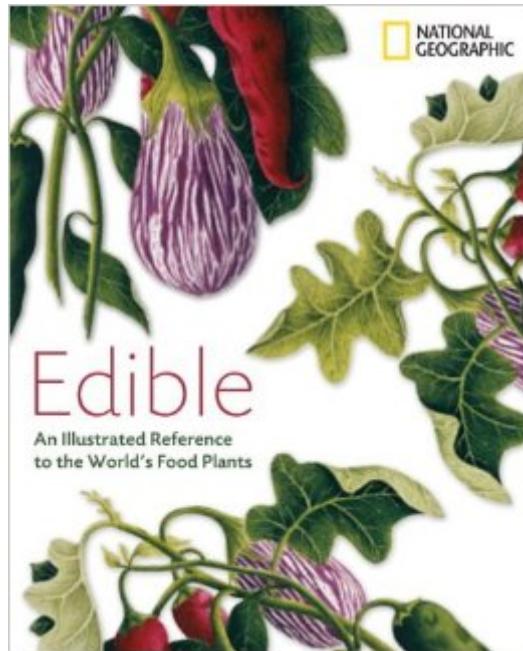


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Edible: An Illustrated Guide To The World's Food Plants



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's 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

I am a seasoned buyer of books about food: I love cookbooks, food histories, and ingredient

encyclopediae. Books with pictures are even better. This wonderful book fills both of those roles. It has a wealth of information about all kinds of food plants- their histories, their significance to their locales' economies, as well as botanical, scientific information, and how they look, feel, and taste. The book is organized by type of food (fruit, vegetable, nut, etc.), and within those are subcategories. The plants are organized by scientific name. At first, it was hard for me to figure out how or if they were in order, so you may find this information useful if you are as dim as I am. Finally, the book is a nice, comfortable size to read in a big chair or while relaxing on the couch. It doesn't require a table or the floor like a lot of my heftier tomes do.

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.

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 is an excellent reference for food lovers. My wife and I have had our copy for over a year now and use it almost each week to either look something up or just for fun. I definitely recommend this book for anyone who enjoys food and cooking, or just want to know more about our the amazing plants on our planet.

Great for plant lovers too! This is a fantastic publication, with information as rich as its images! I am impressed by the writers' critical perspective of industrial food systems, as well as the depth and range of information-from ancient, cultural traditions to botanical facts and ecological roles of certain plants! I look forward to sharing Edible, and encourage you to do the same!

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, buts 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!

This is a wonderful resource for gardeners, cooks, travelers. The entries are brief but adequate to lead you to further searching. It's not as Euro-centric as some edible garden books tend to be. It won't replace other classics like "Food Plants of the World" (Timber) or "Encyclopedia of Herbs" (also Timber) but is a good addition to the bookshelf.

Got this for my daughter who works for the CDC and plans to travel to many countries in the future.

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