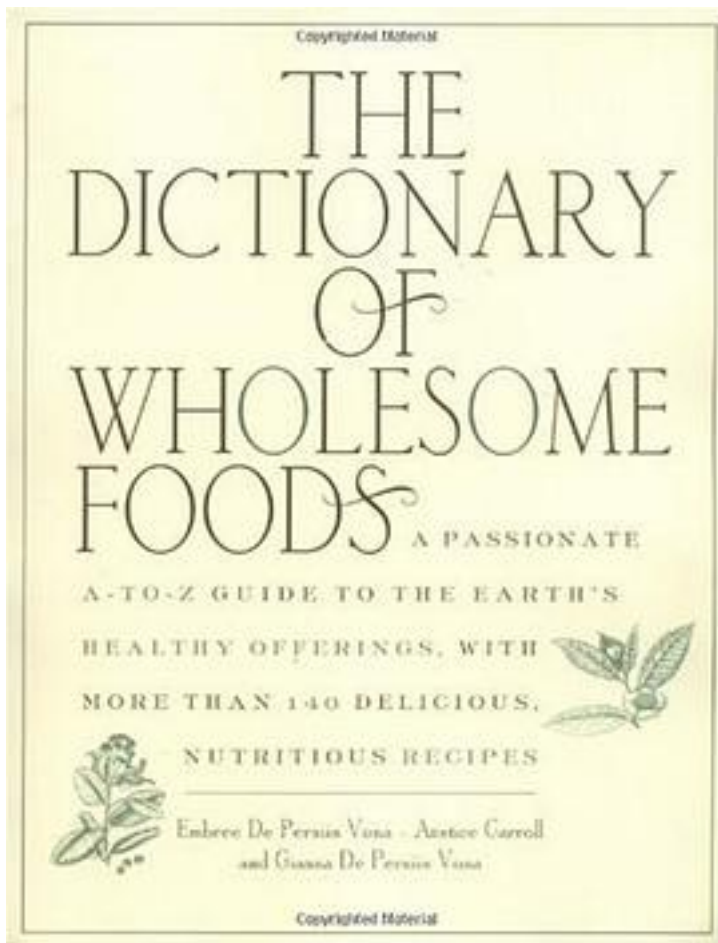


# The Dictionary of Wholesome Foods



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The Dictionary of Wholesome Foods is a timely addition to the food reference shelf, one that's desperately needed as mass-marketing of health food continues to grow.

It provides practical guidance on how to make sense of the burgeoning selection of healthful foods, herbs and supplements, and provides a concise understanding of the sources, characteristics, benefits, and uses of health foods. It is also a pure joy to read and peruse, with its lovely line drawings and quirky, often playful, descriptions and turns of phrase. The Dictionary of Wholesome Foods is a personable, compulsively readable guide that includes historical information and fascinating anecdotes about the many foods it describes, plus an array of delicious recipes that feature them, such as Adzuki Rice, Almond Crescents, Pumpernickel Bread, Spinach with Pignoli and Raisins, and Homemade Yogurt. This is the perfect shopping companion or armchair read; sure to delight information seekers and food writing enthusiasts alike.

作者介绍:

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