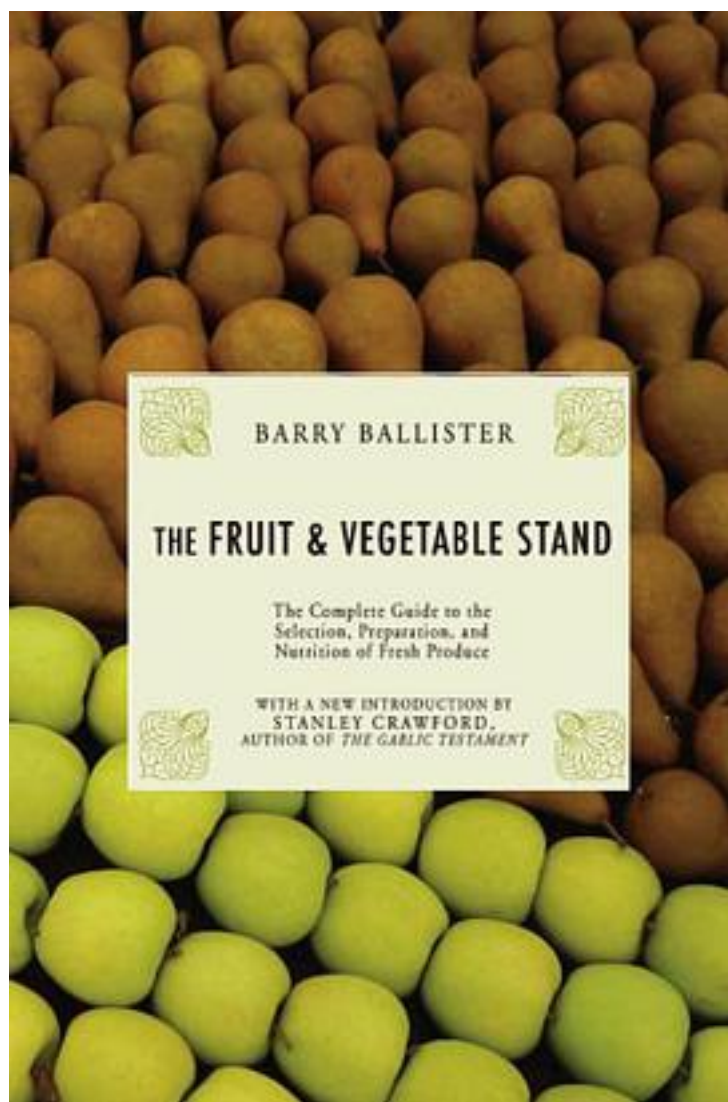


# Barry Ballister's Fruit and Vegetable Stand



[Barry Ballister's Fruit and Vegetable Stand\\_下载链接1](#)

著者:Ballister, Barry

出版者:Penguin USA

出版时间:2007-6

装帧:Pap

isbn:9781585679058

Extolling the pleasures and virtues of fruits and vegetables--from asparagus and apples to yams and zucchini, with virtually everything in between--Barry Ballister, premier greengrocer, presents a complete guide to the bounty of nature. Looking for glowing skin? Try luscious mangoes, rich in beta carotene. Calcium-rich broccoli will strengthen your bones, and it might even fight cancer. Each entry contains a chart that details the nutritional content of the food. The newest edition includes information on organic produce, finding summer fruit year-round, shopping in your local supermarket, ripening fruit at home, and more. With anecdotes and descriptions of 175 varieties of fresh produce--including 20 kinds of lettuce and 13 kinds of tomatoes as well as herbs, wild mushrooms, and tropical fruits--accompanied by more than 300 recipes ranging from main course to dessert, this is truly the essential guide to every fruit and vegetable under the sun.

作者介绍:

目录:

[Barry Ballister's Fruit and Vegetable Stand\\_下载链接1](#)

标签

评论

-----  
[Barry Ballister's Fruit and Vegetable Stand\\_下载链接1](#)

书评

-----  
[Barry Ballister's Fruit and Vegetable Stand\\_下载链接1](#)