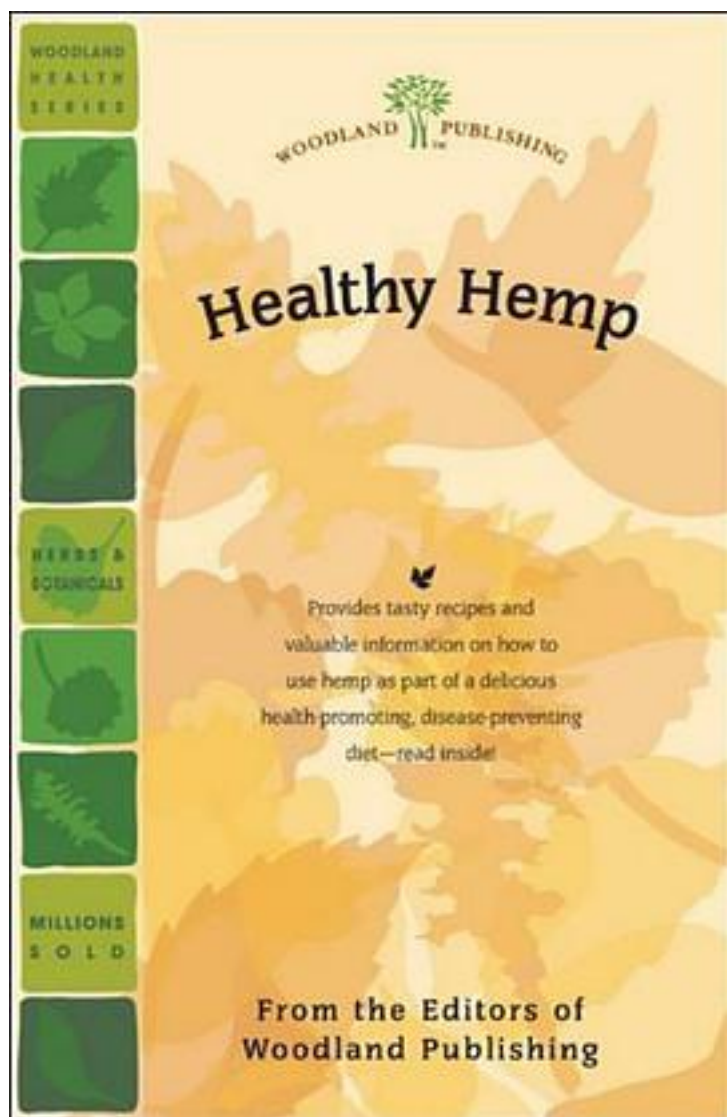


Healthy Hemp



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著者:Editors of Woodland Publishing

出版者:

出版时间:2005-10

装帧:

isbn:9781580544023

Until recently, hemp was one of the most highly valued crops in human society. For various reasons, it fell out of favour during the latter half of the twentieth century. Today, however, this useful plant is making a comeback. Besides its use in textiles, hemp has proven to be valuable as a healthy food. Its nutrient-rich seeds provide oil high in essential fatty acids, and protein flour that can be used in all kinds of food preparation. Inside this title, you will find easy and delicious recipes that utilise hemp's healthy versatility.

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