



The Fruit and Vegetable Stand: The Complete Guide to the Selection, Preparation and Nutrition of Fresh Produce (revised edition)

Barry Ballister

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Extolling the pleasures and virtues of nature's panoply of fruits and vegetables—from asparagus and apples to yams and zucchini and virtually everything in between—Barry Ballister, premier greengrocer, presents one of the most complete guides to the bounty of nature. Looking for glowing skin? Try mangoes, luscious and rich in beta carotene. Calcium-rich and cruciferous broccoli will strengthen your bones and maybe even help fight cancer. Each entry contains a chart with the nutritional "skinny" —calories, protein and carbohydrate content, vitamin and mineral content, and more.

This classic primer on vegetables and fruits is now updated to include the latest on organic produce; how to find summer fruit year-round; how best to shop in your local supermarket; ripening fruit at home, and more. Covering the cornucopia from apples to zucchini, Ballister provides descriptions, fascinating anecdotes for 175 varieties of fresh produce, including 20 varieties of lettuce and greens and 13 of tomatoes as well as herbs, wild mushrooms, tropical fruits—nearly every variety of produce under the sun. In addition, there are more than 300 fruit, vegetable, and juice recipes for every occasion from main course to dessert—truly the most complete and entertaining book on the subject.

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