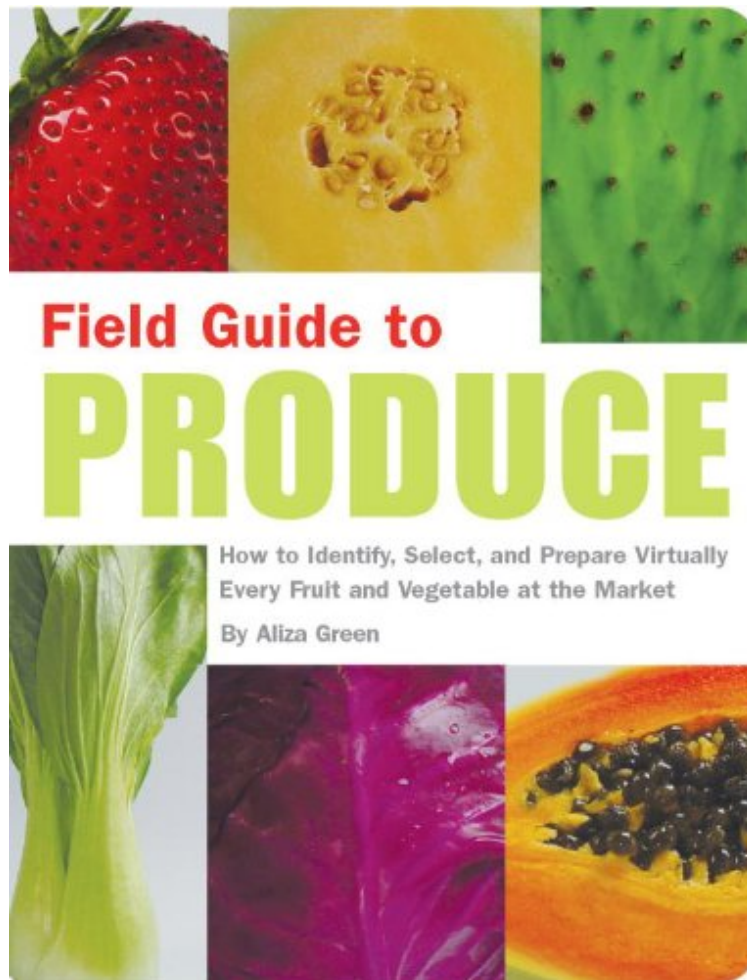


(Free and download) Field Guide to Produce: How to Identify, Select, and Prepare Virtually Every Fruit and Vegetable at the Market

## Field Guide to Produce: How to Identify, Select, and Prepare Virtually Every Fruit and Vegetable at the Market

*Aliza Green*

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**Aliza Green : Field Guide to Produce: How to Identify, Select, and Prepare Virtually Every Fruit and Vegetable at the Market** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Field Guide to Produce: How to Identify, Select, and Prepare Virtually Every Fruit and Vegetable at the Market:

2 of 2 people found the following review helpful. Maybe I can give it away By Brad M This book measures 6" x 4.5". Not all of the fruits and vegetables are accompanied by the tiny pictures which are located in the middle of the "book". 0 of 0 people found the following review helpful. Great resource for novices and experts alike. By SharonsRose130 just graduated from Ashford university with a BA in Health and Wellness with high honors/Cum

Laude. My capstone project was introducing more produce to overweight/obese/diabetic/MetS/Prediabetic individuals and provide education tools for them...this guide is great. It shows you what each fruit/vegetable looks like, how to pick, prepare and store them. About hand sized for ease of use. Great resource.0 of 0 people found the following review helpful. Great Pocket Guide for the NoviceBy T. AdamsAs a Montana boy born and bred on wild game and vegetables, I found trying to educate yourself on vegetables in adult life to kind of an intimidating task. While there are many books on produce out there, this is by far the most concise, clear and handiest I've come across yet. So there is no confusion, this is definitely a "pocket" book. However, don't let that turn you off. The handy nature of the book means you can easily bring it with you to the store instead of trying to study something at home in a book or on the net and then forget everything when you get to the store and start to get overwhelmed. All the previous reviewers have definitely extolled the virtues of the book. The center of the book is just pictures of all the produce described in the rest of the book through an alphabetical style index. I found the color pictures to be clear and definitely helpful. The book classifies the produce into different groups like fruits and vegetables and then further classifies them in similar "families" (like squash or onions) and then alphabetically. I was even amazed to find a section and pictures of Huckleberries, which are Northwest staples you can pick in the wild. All the best info is here: Descriptions, what to look for, what to look out for, best seasons, suggestions for preparation. The book even has a little system of icons for things like the seasons and best prep of the food so you don't have to spend a lot of time reading if you're just looking for something like what season the produce is best found. Definitely recommended!

At last, a field guide to identifying and selecting more than 200 fruits and vegetables from around the world! The perfect companion for every shopper, Field Guide to Produce offers tips for selecting, storing, and preparing everything from apples to zucchini. When an unfamiliar edible appears on your grocers shelf, simply flip through the full-color insert until you've found its photograph. Turn to the corresponding page to discover its country of origin, common uses, and season of harvest. This practical guide includes more than 200 full-color photographs of the world's most popular fruits and vegetables, cross-referenced to in-depth descriptions and selection tips. Step-by-step preparation directions tell you whether the item must be peeled, washed, trimmed, or blanched. Grocery shopping and dinner will never be the same again!

From Publishers Weekly Ever get chicory confused with curly endive? Can't tell a turnip from a rutabaga? Wonder what's to be done with a pattypan squash? Green (The Bean Bible) offers these answers and more in this little guide to fruits and vegetables. Though the photographs in the color insert are of middling quality and intermittent help (only a non-native English speaker is likely to appreciate and/or need pictures of such basics as green peppers, carrots and corn), the rest of the book is surprisingly handy. For each fruit or vegetable, Green includes alternate names, a general description, its growing season and tips on storage and preparation. Her serving suggestion for arugula, for example, is an easy, flavorful pesto; "flavor affinities" for the peppery green, she notes, include beets, goat cheese and tomatoes. For anyone who's ever been wowed by the colorful abundance at a farmers market but has stopped short of buying persimmons, broccoflower or samphire for lack of any idea what to do with them, Greens guidebook will be an excellent resource. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author Aliza Green is a chef, food writer, and teacher based in Philadelphia. She is the author of The Bean Bible: A Legumaniacs Guide to Lentils, Peas, and Every Edible Bean on the Planet! and co-author of Ceviche!: Seafood, Salads, and Cocktails with a Latino Twist.