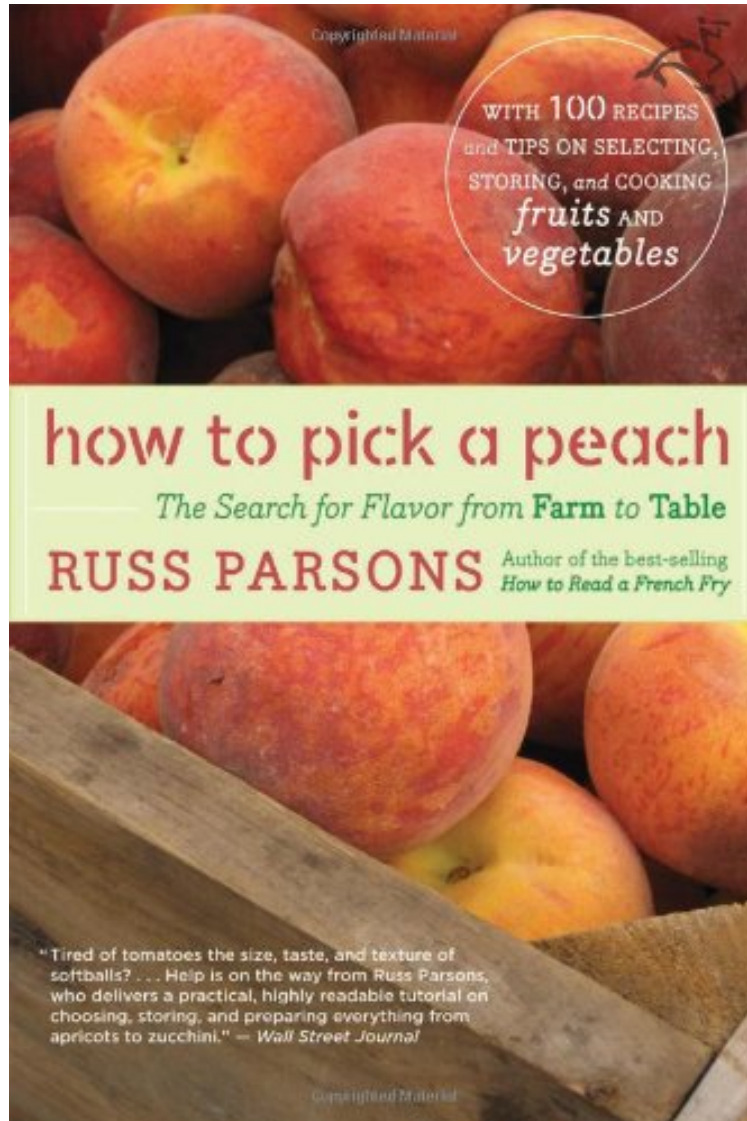


(Read ebook) How to Pick a Peach: The Search for Flavor from Farm to Table

## How to Pick a Peach: The Search for Flavor from Farm to Table

*Russ Parsons*

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**Russ Parsons : How to Pick a Peach: The Search for Flavor from Farm to Table** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Pick a Peach: The Search for Flavor from Farm to Table:

0 of 0 people found the following review helpful. We all want to know how to choose a good watermelon. This book assures that fruit is not ...By CustomerEnjoyable to read. Well written. We all want to know how to choose a good watermelon. This book assures that fruit is not a gamble anymore.48 of 49 people found the following review helpful. Finally, a reference tool for picking produce!By KLSThis book serves both as an encyclopedic reference work, and as

an informative, engaging read. The author admits that not ALL fruits and veggies are included, however it seems that all of the important ones are, particularly those that we need help with selecting. There is an unbelievable amount of basic information about picking fruits and vegetables, previously unavailable in collected form! Add in the historical research on farming, the updated perspective on farming trends and issues, and you have the ultimate shopper's guide, best kept in the glove compartment (after reading, of course) so that it's always there with you when you're going to market. "How to pick a Peach" should be required reading for every cook in America. 0 of 0 people found the following review helpful. Five Stars By BH Helpful when I'm shopping for better quality produce.

Critics greeted Russ Parsons first book, *How to Read a French Fry*, with raves. The New York Times praised it for its affable voice and intellectual clarity; Julia Child lauded it for its deep factual information. Now in *How to Pick a Peach*, Parsons takes on one of the hottest food topics today. Good cooking starts with the right ingredients, and nowhere is that more true than with produce. Should we refrigerate that peach? How do we cook that artichoke? And what are those different varieties of pears? Most of us aren't sure. Parsons helps the cook sort through the produce in the market by illuminating the issues surrounding it, revealing intriguing facts about vegetables and fruits in individual profiles about them, and providing instructions on how to choose, store, and prepare these items. Whether explaining why basil, citrus, tomatoes, and potatoes should never be refrigerated, describing how Dutch farmers revolutionized the tomato business in America, exploring organic farming and its effect on flavor, or giving tips on how to recognize a ripe melon, *How to Pick a Peach* is Parsons at his peak.

From Publishers Weekly Starred . Equal parts cookbook, agricultural history, chemistry lesson and produce buying guide, this densely packed book is a food-lover's delight. California food writer Parsons (*How to Read a French Fry*) begins with a fascinating tale of agribusiness trumping our taste buds en route to supplying year-round on-demand produce, and how farmer's markets are bringing back both appreciation of, and access to, local and seasonal foods. He then takes readers on a delectable season-by-season produce tour, from springtime Artichokes Stuffed with Ham and Pine Nuts to midwinter Candied Citrus Peel, and provides readers with the lowdown on where each fruit or vegetable is grown and how to choose, store and prepare it. Along the way, he detours into low-stress jam making, the chemistry of tomato flavor, a portrait of two peach-growing stars of the Santa Monica farmer's market and why cucumbers make some people burp. For readers who have always wondered where their food comes from, why it tastes the way it does and how to pick a peach, a melon or a green bean, this book will be an invaluable resource. (May) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "The lust for local flavor finds an eloquent spokesman in Russ Parsons... "How to Pick a Peach" is his answer to the somber reality of the supermarket produce section." (New York Times) About the Author One of the foremost food journalists of the nation, RUSS PARSONS is the food and wine columnist of the Los Angeles Times. He has been writing about food and agriculture for more than twenty years and has won many James Beard Awards for his newspaper articles, as well as the IACP/Bert Greene Award for distinguished writing. He lives in California, which produces more than half of the fruits and vegetables grown in this country.