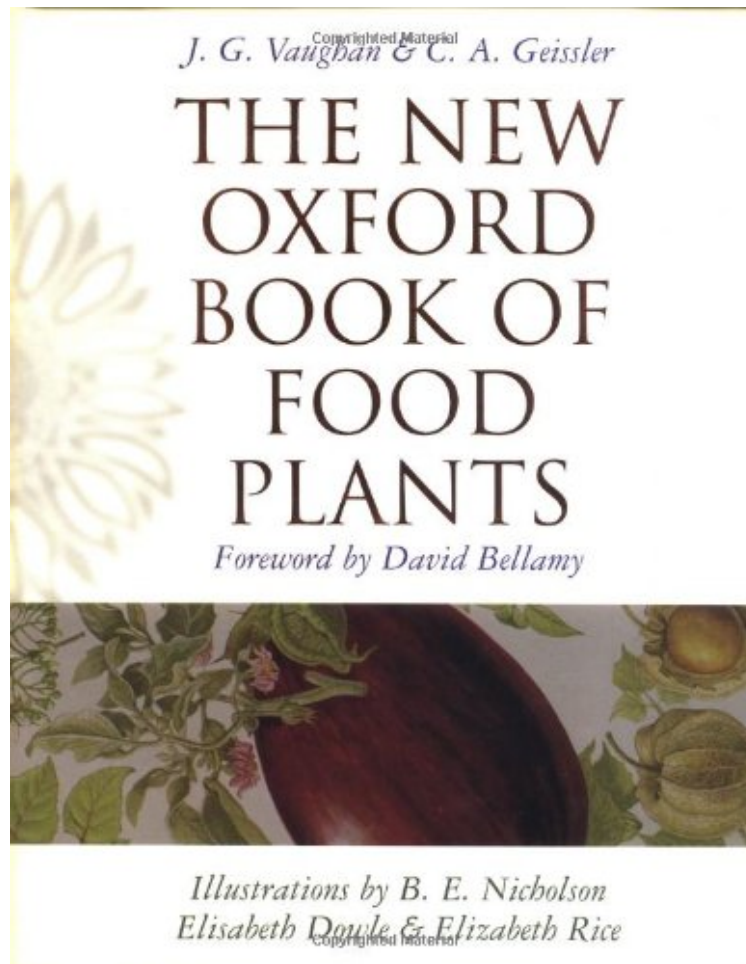


(Download) The New Oxford Book of Food Plants

The New Oxford Book of Food Plants

J. G. Vaughan, C. Geissler
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#1624178 in Books 1997-12-11 Ingredients: Example Ingredients Original language: English PDF # 1 8.20 x .90 x 10.10l, #File Name: 0198548257264 pages | File size: 75.Mb

J. G. Vaughan, C. Geissler : The New Oxford Book of Food Plants before purchasing it in order to gauge whether or not it would be worth my time, and all praised The New Oxford Book of Food Plants:

2 of 2 people found the following review helpful. okayBy K CornwinkleI had this as a young student and thought it was the coolest but it is oddly variable in terms of the specific information about each plant. Also missing a few. I'd rather not have to go Wikipedia for details (one minor example, while caffeine content is mentioned for coffee, it is not for tea. Also, in this day, a few maps showing origin and distribution would be really nice. I'm looking for something a little better and a little more comprehensive.1 of 1 people found the following review helpful. Good info, love the drawingsBy C. PottI own this and Ben Erik van Wyk's book (which I bought first). We actually had an informal competition between the books one night. It was almost a draw, with Van Wyk winning by a narrow margin. In the sample of species we compared, the books hit most of the same highlights for a given species. Oxford sometimes has longer accounts (partly owing to the format: Van Wyk keeps a standard length of one page per species,

Oxford doesn't), but conversely Oxford can also leave you hanging with its sometimes abbreviated-feeling accounts. van Wyk won on 2 points: he includes family information for every species (Oxford does this sporadically--annoying for any botanically-inclined reader), and he also includes multiple common names (in foreign languages, local names etc). The Oxford book is better suited for a "popular audience" which isn't pre-occupied with botanical terminology and families. Oxford, as other reviewers have pointed out, also shines with the drawings--they are detailed and beautiful. This is why it seems necessary to own both! :D) of 0 people found the following review helpful. The history and discovery of food plants
By Marion Foerster
I had the old version of this book for many years and just loved it. Somehow I lost my copy, so I was thrilled to see this new edition on .com. It is so interesting to know where some of our food plants originally come from, how they grow, and what their nutritional value is. The beautiful illustrations add immensely to the value of this book. As a former college librarian, I used this book many times on the reference desk.

Here is the most comprehensive--and most appealing--reference book available on the many edible plants we grow in our gardens, buy in our shops, and eat with great relish. A true cornucopia, *The New Oxford Book of Food Plants* overflows with information and is packed with beautiful, hand-painted illustrations of the world's food plants. In an oversized format with alternating full-page color plates, readers will find a feast of facts about cereals, sugar crops, oil seeds, nuts, legumes, fruits, vegetables, spices, herbs, sea-weeds, mushrooms, wild food plants, and much more besides. The book, for example, provides authoritative coverage of fruit worldwide, both the varieties you commonly find at your local food stand (apples, oranges, strawberries, kiwi, bananas), and some you might not ordinarily see (mangosteen, manzanilla, marang, tamarind, or whortleberry). Similarly, we can uncover information on vegetables from acorn squash, asparagus, and broccoli, to truffle, turnips, watercress, and zucchini; nuts from the beechnut and the betel nut to the pistachio and the walnut; and herbs from anise and arrowroot to tarragon and wintergreen. Entries typically discuss the source and history of a plant, how it is prepared for market, and how it is used as food. Thus, for the Common Bean, we learn that it is the most widely cultivated bean in the world; that it has a host of local varieties and names (including French Beans, String Beans, Snap Beans, Frijoles); that remains have been found in Mexico that date back seven thousand years; that it is used in dishes that range from France's cassoulet to Mexican chili; and we even learn that one type of cultivar, known as "nuoas," is grown only in very high altitudes in South America and that it "pops" when cooked, rather like pop corn. And the illustrations for the Common Bean show the flowers, pods, and seeds of several varieties, including the Climbing Purple-Podded Kidney Bean, the Brown Haricot, the White Haricot, and the Mexican Black Bean. And in addition to covering everything from beverage crops to tropical root crops, the editor has included a glossary of botanical terms, a section on nutrition and health, nutrition tables, a list of recommended readings, and an index. With marvelous hand-painted illustrations and a wealth of nutritional, historical, and other information, *The New Oxford Book of Food Plants* belongs on the shelf of everyone who loves to garden, to cook, and to eat healthily.

.com Not enough tables of contents are enhanced by drawings of nuts, herbs, and root vegetables, but the table of contents in *The New Oxford Book of Food Plants* is, setting the tone for a book that clearly delights in the glories of the world's bounty. Each chapter, including grain crops and fruits, spices and seaweed, legumes and mushrooms among its 19 topics, is a cornucopia of information and beautiful, educational illustrations. Take the chapter on oil crops, for example. Covering olives, sesame, peanuts, soy beans, sunflowers, and the rape plant, the prose describes where they grow and what the fruits look like, what kind of oil is produced and what it's used for, how it's made and how else the fruits may be used. Color drawings of the plants and their fruits are on the facing page. Put together by writers who respect each plant and give them the attention and detail that spell quality, this is a beautiful book and a charming resource. --Stephanie Gold
From Library Journal
This revision of the popular but now somewhat dated Oxford Book of Food Plants (LJ 4/1/70) describes and pictures fruit, vegetables, herbs, spices, grains, and nuts from around the world, most familiar but some unfamiliar. Vaughan (emeritus, food sciences) and Geissler (nutrition), both at King's College, London, revised all the original entries but kept the same format and plant groupings; B.E. Nicholson's beautiful full-page color illustrations were also retained, and a few new ones were added. A one-page description of the plant group and its plants, often mentioning specific cultivars, is followed by illustrations of those plants on the facing page. A new chapter on nutrition and health and some food composition tables are included. This guide will appeal to a broad audience and is recommended for all public and academic libraries. ?William H. Wiese, Iowa State Univ. Lib., Ames
Copyright 1997 Reed Business Information, Inc. `an updated and expanded rewrite of the perennially popular and useful 1969 Oxford Book of Food Plants ... This book not only enables one to distinguish some of the exotica at the ethnic corner-shop, but like its predecessor will surely become an indispensable reference work and teaching aid.'Plant Talk, January 98`This book is a new, updated, rewritten, enhanced version of a 1969 original. The illustrations are both handsome and helpful. The text, in its terse way, is a knockout.'The Guardian online section`Perhaps this book will encourage us to be more adventurous when we buy fruit and vegetables in the future, for virtually all the exotic tropical wonders now available to us from our supermarkets are itemised in detail.'Oxford

Times leisure section`This is a tastily updated version of the 1969 classic - a concise and well illustrated historical, biological, pharmacological, nutritional and culinary guide to eating plants'New Scientist