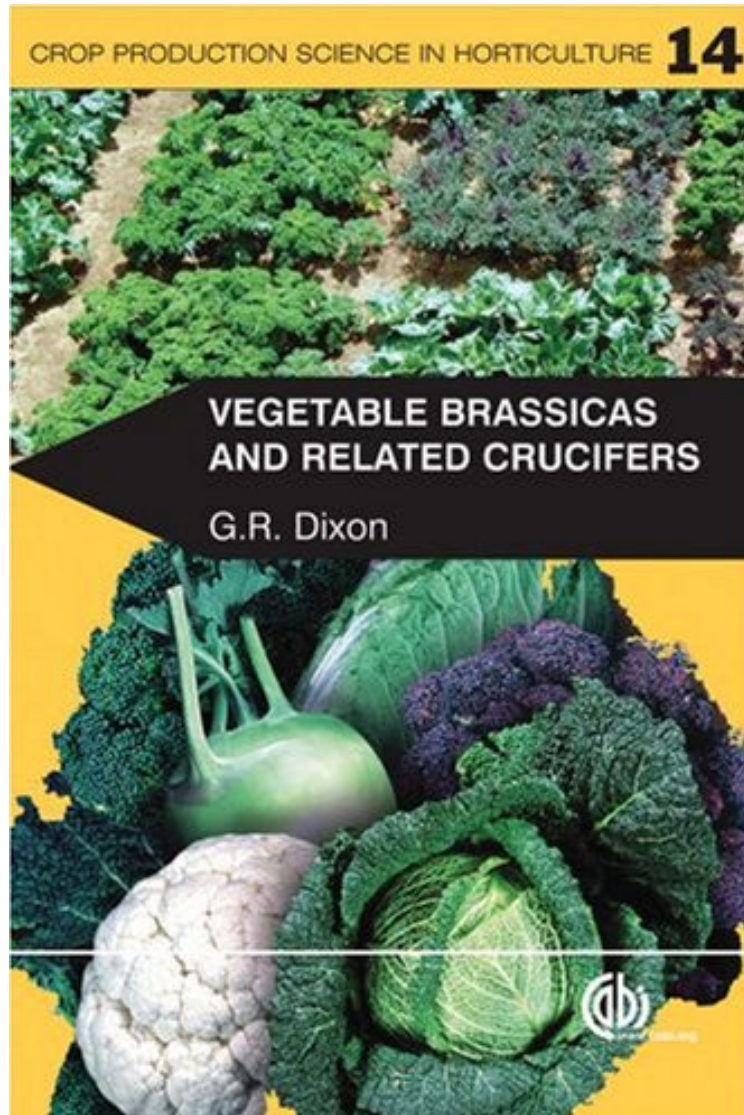


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## Vegetable Brassicas and Related Crucifers

*GR Dixon*

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**GR Dixon : Vegetable Brassicas and Related Crucifers** before purchasing it in order to gage whether or not it would be worth my time, and all praised Vegetable Brassicas and Related Crucifers:

1 of 1 people found the following review helpful. Excellent book and a pleasure to read. By K. Ann Seeton I needed to know more about the history of cabbage and this book did not disappoint! I was able to pull so much just from the first chapter that I now know nearly everything I needed just from this one book. What is more, his thorough scholarship gave me the names of ancient authors who wrote about my subject so I can now FIND the ancient references I need-- I now know who I need to quote and what they said, so it ought to be possible to further my reading and find what I

need. I loved the first chapter so much, it made the price of the book totally worth it and this is one reference that will STAY on my garden and history shelves! Of course, then there is the rest of the book, a thorough treatment of these marvelous staples of the human diet. There is a lot we know about the subject and this book gives a clean, understandable over-view of all of it. Even apart from a course in horticulture, for which this book was likely written, this is an amazing read on the topic. How often can one say they ENJOYED reading a college textbook for pleasure?

The Brassica crops provide the greatest diversity of products derived from a single genus. As vegetables they deliver leaves, flowers, stems and roots that are used either fresh or in processed forms. This book covers the Occidental crops derived from *B. oleracea* (cole or cabbage group) and Oriental types from *B. rapa* (Chinese cabbage and its relatives). Both groups are of immense importance for human nutrition, containing vital vitamins and cancer preventing substances.

"Dixon has done an exemplary job in making horticultural sense out of botanical chaos in this remarkable book." (*Acta Horticulturae*)  
About the Author: G. R. Dixon, University of Strathclyde, Glasgow. M. H. Dickson, Formerly, Cornell University.