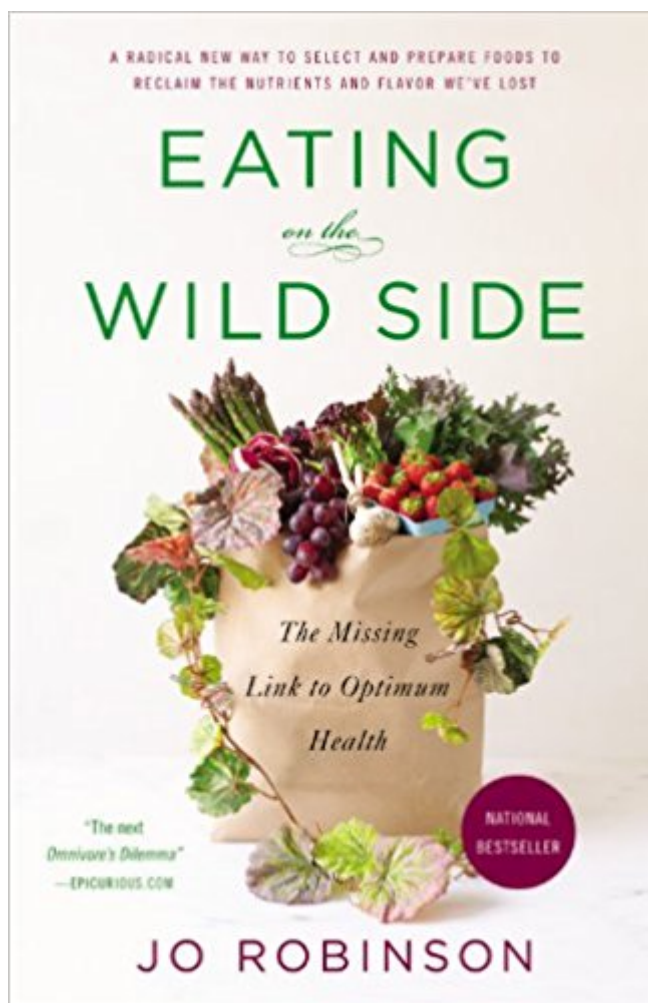


The book was found

Eating On The Wild Side: The Missing Link To Optimum Health



Synopsis

Winner of the 2014 IACP Cookbook Award in the category of "Food Matters."The next stage in the food revolution--a radical way to select fruits and vegetables and reclaim the flavor and nutrients we've lost.Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. Unwittingly, we've been selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants for more than 400 generations.EATING ON THE WILD SIDE reveals the solution--choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.

Customer Reviews

Photos from Jo's Personal Garden Black Tomatoes

For some, locavorism isn't enough. Farmed food of any sort lacks the full panoply of flavors and textures that wild foods bring to the table. Moreover, wild foods offer some nutritional advantages and may be richer in some vitamins and minerals than their cultivated cousins. Some laboratory studies have concluded that medical benefits, including protection from cancer cells, can be found in vegetables such as brussels sprouts. Despite her impassioned advocacy for eating foods culled from woodlands and creek beds, Robinson is not so doctrinaire as to believe that everyone has the time or the access to such foods. So she offers a guide to buying the best, most flavorful produce in supermarkets. Robinson guides readers through ranks of greens, explaining how to judge lettuces by color and why to select loose spinach rather than the bagged variety. Such guides can benefit grocery shoppers who lack the means of foraging their dinners. --Mark Knoblauch --This text refers to an out of print or unavailable edition of this title.

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Disorders (Teen Health Series) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Wild Men, Wild Alaska: Finding What Lies Beyond the Limits (Wild Men, Wild Alaska Series Book 1) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) My Side of the Mountain Trilogy (My Side of the Mountain / On the Far Side of the Mountain / Frightful's Mountain) Neuroscience and Social Work Practice: The Missing Link The Missing Link to Successful Weight Loss (Book and hypnosis cd) Executive Presence: The Missing Link Between Merit and Success Ethiopia & The Missing Link The Missing Link: From Basic to Beautiful Wirework Jewelry A New IBS Solution: Bacteria-The Missing Link in Treating Irritable Bowel Syndrome The Stealth Killer: Is Oral Spirochetosis the Missing Link in the Dental and Heart Disease Labyrinth? Islamic Theory of Evolution: The Missing Link between Darwin and the Origin of Species Was Hitler a Leftist?: The Missing Link in understanding Nazism The Missing Lemur Link: An Ancestral Step in the Evolution of Human Behaviour (Cambridge Studies in Biological and Evolutionary Anthropology)

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