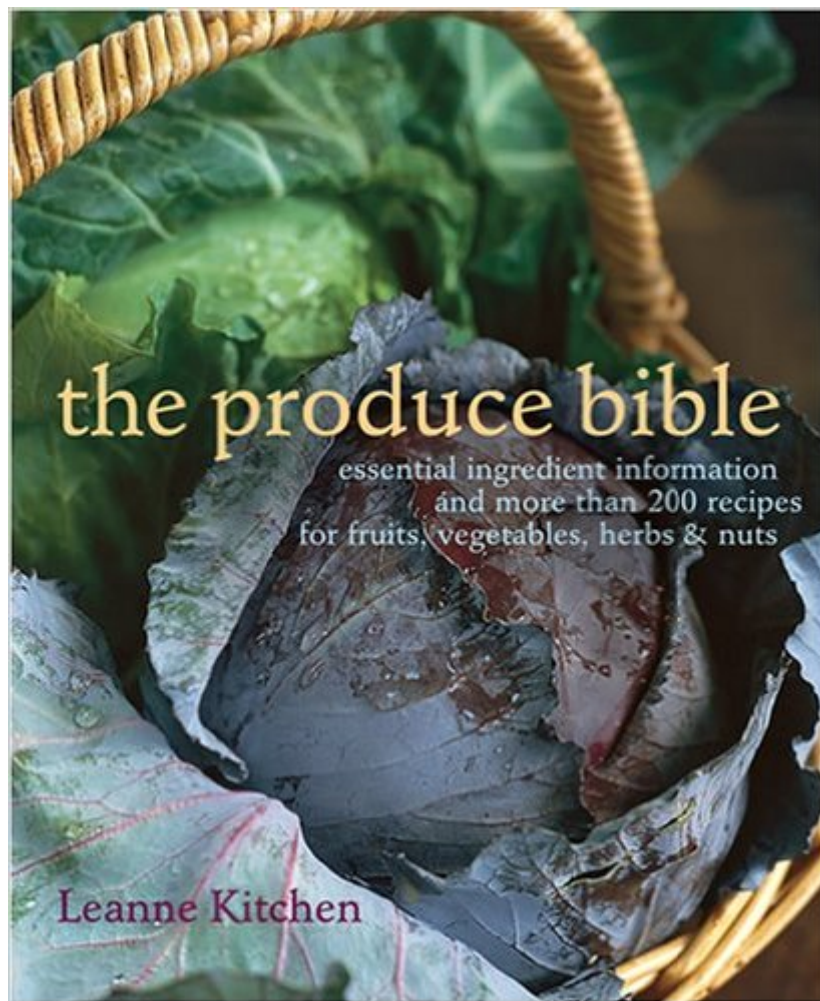


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# The Produce Bible: Essential Ingredient Information And More Than 200 Recipes For Fruits, Vegetables, Herbs & Nuts



## Synopsis

Anyone who has shopped in a farmer's market knows the abundant glories of seasonal produce, from the deep, fruity notes of a sun-ripened tomato to the crisp, green snap of a just-harvested bean; from the intoxicating perfection of a ripe strawberry to the juicy sweetness of a hand-picked peach. Like a trip to the market, *The Produce Bible* brings together the best of nature's bounty, offering delicious recipes and essential ingredient information for more than 100 varieties of fruits, vegetables, herbs, and nuts. Celebrating the explosion of interest in locally grown and hand-picked produce, this comprehensive volume features 200 recipes that bring out the special qualities of each ingredient, from tender spring peas to earthy autumnal tubers. In addition, the book is filled with practical advice on how to choose, store, and prepare fresh produce, as well as basic cooking techniques, nutritional information, and suggestions for companion foods. If you want to know the best type of potato for roasting or mashing; the perfect uses for a Meyer lemon; or the ideal way to eat an artichoke, then look no further. Bursting with luscious color photographs, *The Produce Bible* is an invaluable resource for gardeners, cooks, and food lovers alike.

## Book Information

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## Customer Reviews

The book delivers well on information for produce, but I didn't really find any information in this book that I can't find for free online. Also, the layout wasn't very helpful, as it doesn't provide a page in the table of contents for each fruit or vegetable. I tried two of the recipes in here, the lemon cake and orange biscotti, and neither came out very well. The flavors seemed off and the cake came out very

dense. I think it was more of a coffee cake than the fluffy kind I was looking for. I ended up returning it, because it didn't seem worth the price. However, it is really pretty layout and the pictures are well done.

I was attracted to this book by the beautiful photograph on the cover and the appeal of a quick reference manual. Sometimes I wonder what the difference is between a Meyer lemon and my everyday supermarket lemon, or perhaps the short history of the pear. Now I have a place to find these answers. This book will give you a basic overview of many common fruits, vegetables, nuts, and herbs in 1-3 page sections, followed by a handful of recipes incorporating the particular produce of interest. The recipes vary greatly - some are for sweet dishes, others savory. Based on a cursory look at various recipes, most are fairly easy, though some will call for less commonly found ingredients. There are definitely some good recipes in here though. The layout of the book is straightforward with some really beautiful photographs. The text is large and easily readable. Recipes are cross-referenced (e.g. mango recipes are in the mango section, but a footnote also tells you of the recipes in other sections that use mango as an ingredient). There are omissions - you won't find every type of produce imaginable, just a hundred of the most common things (If you want to know all about persimmons, you are out of luck). I would have liked more produce info and a few less recipes (or even no recipes). As my other reviews explain, I'm more of a baker than a food cooker, but the information in this book will help either type of food cooking addict. It would be even better if it had some heavy metal madness interjected.

Disappointing. This book had great potential. It seems the author had a hard time deciding whether this be a cookbook or a produce dictionary. Many of the pictures are small, although there are some nicer big ones. The problem is she will bunch together in a small picture a bunch of different kinds of lettuce. So you don't know which is which. Also, under sweet potatoes, you do see a nice big picture of them but can't tell if they are the white ones as the photograph is pretty but it appears to be more in sepia tones? My sweet potatoes at the market are not that color. The thing that made me scratch my head--no category for yams. Huh? You can't even find them in the index. She does however dedicate a paragraph on them, and not picture. I've only flipped through a pages for a few minutes, so I'd be really disappointed had I not checked this out at the library to review it before buying. If I can get it for a few bucks off, I'll buy it. Otherwise she's just left too many things out and left too much to the imagination. Too bad, this book has great potential, the quality of paper is great and photographs pretty. Hopefully we'll get a revised version and she'll change it up.

I use this book any time I get a fruit or vegetable I am not very familiar with. It provides information on how to pick the best produce, how it should be stored, what the health benefits are, etc. It also provides historical information and recipes.

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