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# Vegetables: A Biography



## Synopsis

From Michael Pollan to locavores, Whole Foods to farmers' markets, today cooks and foodies alike are paying more attention than ever before to the history of the food they bring into their kitchens - and especially to vegetables. Whether it's an heirloom tomato, curled cabbage, or succulent squash, from a farmers' market or a backyard plot, the humble vegetable offers more than just nutrition - it also represents a link with long tradition of farming and gardening, nurturing and breeding. In this charming new book, those veggies finally get their due. In capsule biographies of 11 different vegetables - artichokes, beans, chard, cabbage, cardoons, carrots, chili peppers, Jerusalem artichokes, peas, pumpkins, and tomatoes - Evelyne Bloch-Dano explores the world of vegetables in all its facets, from science and agriculture to history, culture, and, of course, cooking. From the importance of peppers in early international trade to the most recent findings in genetics, from the cultural cachet of cabbage to Proust's devotion to beef-and-carrot stew, to the surprising array of vegetables that preceded the pumpkin as the avatar of All Hallow's Eve, Bloch-Dano takes readers on a dazzling tour of the fascinating stories behind our daily repasts. Spicing her cornucopia with an eye for anecdote and a ready wit, Bloch-Dano has created a feast that's sure to satisfy gardeners, chefs, and eaters alike.

## Book Information

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Gardening #514 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking

#621 in Books > Science & Math > Agricultural Sciences > Horticulture

## Customer Reviews

I bought this because I am growing vegetables instead of mowing a lawn. It is interesting but not the kind of book you go back to again and again. I would say the price is too high for what it is. On the

other hand, I would recommend *The Gardener's Year* by Karel Capek, also available from : a book for gardeners about gardeners, but not about gardening advice. A classic and lots of fun to read (you will recognize yourself). Your public library might have it too.

a very short book for the price. as the author states in the intro, this book isn't meant to cover every vegetable out there, but she could've added a lot more than e.g. pumpkin, peas, tomato, artichoke and the few others she did. i'm glad i got it from my local library.

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