



# FANCY FRUITS AND EXTRAORDINARY VEGETABLES

OVER 200 RECIPES USING THE  
EXCITING NEW FRUITS AND VEGETABLES  
FOUND IN MOST SUPERMARKETS

SANDRA C. STRAUSS

# Fancy Fruits And Extraordinary Vegetables A Guide To Selecting Storing And Preparing

**Sandra C. Strauss**



## **Fancy Fruits And Extraordinary Vegetables A Guide To Selecting Storing And Preparing:**

**Fancy Fruits and Extraordinary Vegetables** Sandra Conrad Strauss,1984-01-01 Supplies a variety of recipes for unusual fruits and vegetables such as papaya bok choy spaghetti squash Belgian endive and mangos **Fancy Fruits and Extraordinary Vegetables** Sandra C. Strauss,1992 Descriptions and recipes for 50 exotic fruits and vegetables **Top 100 Exotic Food Plants** Ernest Small,2011-08-23 Many edible plants considered exotic in the Western world are actually quite mainstream in other cultures While some of these plants are only encountered in ethnic food markets or during travels to foreign lands many are now finding their way onto supermarket shelves Top 100 Exotic Food Plants provides comprehensive coverage of tropical and semi **Food and Nutrition Quarterly Index** ,1987 **Books in Print** ,1977 American Book Publishing Record ,1992 The Publishers' Trade List Annual ,1984 *Bibliography of Agriculture* ,1986 *Tropical Fruit News* ,1989 Forthcoming Books Rose Arny,1984-03 **The Complete Guide to Your New Root Cellar** Julie Fryer,2011 Fruits and vegetables are some of the most expensive parts of any regular menu in your home With rising transportation costs a food increase in the summer of 2008 of almost 2 percent and continually shrinking supplies the cost of maintaining a healthy supply of these necessary staples is becoming harder and harder for many families However with the right resources and planning you can take advantage of an age old method of storage that will allow you to buy fruits and vegetables when they are least expensive or to grow your own and store them for future use This book will walk anyone through the process of building and using a root cellar to store their fruits and vegetables for later use through the cold winter months when even the most basic items can cost an arm and a leg Before even starting your root cellar you will learn the basics of choosing the right crops and planting them at the right time or buying them in advance for your root cellar You will learn how to know which crops and which specific vegetables and fruits are good to keep and which ones should be left alone You will learn how and when to bring in the harvest and how to prepare for storage effectively You will learn the basics of spoilage and what to expect from your foods You will learn what to expect each winter for multiple month storage and which vegetables and fruits to start expecting in your cellar You will also benefit from interviews with the top experts in the field of storage and root cellaring and farmers who have been storing vegetables for years You will learn how to start your own underground garden and what various types of cellars exist trenches closets and hideaways You will learn how to start planning your root cellar how to utilise your basement if you so desire and how to start excavating and preparing it for the first harvest No matter your situation or your crops you can benefit from this book and its take on the world of root cellaring and long term fruit and vegetable storage **Pacific Rural Press** ,1899 *The Complete Idiot's Guide to Organizing Your Life* Georgene Muller Lockwood,2002 When stuff rules a person s life it s Georgene Lockwood to the rescue Her revised handbook shows how to organize paperwork food clothing and shelter systems and how to win the money wars American Agriculturist ,1905 **Film & Video Finder** ,1997 **The Pacific Rural Press and California Farmer** ,1900 **The**

**Ladies' Home Journal** ,1893      **Moore's Rural New-Yorker** ,1908      Organic Gardening and Farming Jerome Irving  
Rodale,1976      **Indiana Farmer's Guide** ,1921

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