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From Around

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Anthony Bourdain  
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in Punjab, India  
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Unknown) **Peru:  
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gets a lesson in  
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**~~Anthony Bourdain~~**

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Edible Plants  
from Around the  
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– Illustrated,  
31 Oct. 2013. by  
Carolyn Fry  
(Author) 4.2 out  
of 5 stars 6  
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A narrative main  
introduction  
gives context to  
the plants that

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provide the ingredients for the book's 101 recipes, sourced from past issues of Kew magazine. Featuring plants from around the world, the recipes range from healthy and unusual salads and soups to hearty main

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dishes and

sumptuous

desserts,

including

parsnip tart,

truffle crepes,

Cincinnati

chilli, orange

vacherin,

Kashmiri fish

curry,

plantation

smoothie,

sweetcorn and

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crab fritters  
and pineapple  
cheesecake with  
chilli.

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further section

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Botanic Gardens,

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as a great

reminder of the

source of such

worldly

delights, the

fascinating

history

surrounding

their arrival on

our shores, and

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how they've been put to culinary use over the centuries.

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& Chai*

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features over  
700 vegetarian  
recipes, whole  
foods recipes,  
and vegan  
recipes, plus  
the occasional  
sweet treat. It  
is written by  
New York Times  
best selling  
author Heidi  
Swanson.

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and Whole Foods  
Cooking ...*

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celebration of  
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variety of  
edible plants  
and how we can  
use them.

Includes 101

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Recipes Using  
Edible Plants  
From Around  
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recipes  
featuring plants  
from around the  
world, with a  
further section  
on the herbs of  
Europe and the  
Mediterranean  
and spices from  
the East.

*Kew's global  
kitchen cookbook  
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World. By  
Carolyn Fry,  
Royal Botanic  
Gardens, Kew.

4.00. The World  
In My Kitchen:  
Global recipes  
for kids to  
discover and  
cook.

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Jun 28, 2020

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seems to have  
taken a leaf out  
of Meghan  
Markle's book  
for his latest  
royal project.  
The Duke has  
penned the  
forward for a  
charity cookbook  
in a move that  
mirrors one made



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variety of

edible plants

and how we can

use them. The

range of edible

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plants is far broader than we may suppose, with huge variety, from all corners of the world, and continually changing in how they are used and perceived. Some now regarded as familiar were

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once exotic, such as tea, grapes and chillies, and the source of fortunes for those who 'discovered' and transported them, such as the staples of the Dutch East Indies spice trade - nutmeg,

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black  
peppercorns. A  
narrative main  
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gives context to  
the plants that  
provide the  
ingredients for  
the book's 101  
recipes  
featuring plants  
from around the  
world, including

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truffle crepes,  
Cincinnati  
chilli, orange  
vacherin,  
Kashmiri curry,  
plantation  
smoothie,  
sweetcorn and  
crab fritters  
and pineapple  
cheesecake with  
chilli. A  
further section

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features the  
herbs of Europe  
and the  
Mediterranean  
and spices from  
the East, with  
details on how  
they grow, tips  
for growing  
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herbs, and how  
to use and  
combine  
different

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flavours to the  
best effect.  
Each plant has  
its own story of  
travel and  
adventure, and  
historical,  
botanical and  
economic themes  
are brought to  
life through the  
text and  
beautiful  
botanical

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illustrations  
from Kew's  
archives.

Relishing edible  
plants today  
needs to go hand  
in hand with  
acknowledging  
how lucky we are  
to have access  
to so much  
diversity, and  
how we need to  
preserve that



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for the Kitchen  
future. The book  
Cookbook 101  
is published in  
Recines Using  
conjunction with  
the Kew festival  
Edible Plants  
IncrEdibles,  
From Around  
the World  
from 25 May - 3  
November 2013.

Revised and  
updated in 2013,  
101 Whiskies to

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guide to the 101  
whiskies that  
enthusiasts must  
seek out and try  
in order to  
complete their  
whisky  
education.

Avoiding the  
deliberately  
obscure, the  
ridiculously  
limited and the  
absurdly

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expensive, Kitchen

whisky expert

Ian Buxton

recommends an

eclectic Plants

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favourites,

stellar

newcomers and

mystifyingly

unknown drams

that simply have

to be drunk. The

book decodes the

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marketing hype  
and gets  
straight to the  
point; whether  
from India,  
America, Sweden,  
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or the hills,  
glens and  
islands of  
Scotland, here  
are the 101  
whiskies that  
you really want.

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you die -  
Slainte!

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Becky Winkler's

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the first

cookbook to take

the paleo diet

for a global

spin, with

recipes that

represent the

cuisines of

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East, South, and Southeast Asia, the Middle East and Europe, Latin America, the Caribbean, and of course the U.S. In 125 recipes, she proves just how creative and wide-ranging the tastes in paleo cooking can be.

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With the chicken  
chapter alone,  
Becky  
demonstrates  
this breadth and  
depth of flavors  
with Yu Hsiang  
Chicken and  
Eggplant,  
Indochinese  
Chile Chicken,  
Roast Chicken  
with Za'atar and  
Yogurt Sauce,



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Chiles Rellenos

with Pepita-

Avocado Crema,

and Chicken

Meatballs with

Garlic-Kale

Marinara. Beyond

these and other

main courses

featuring meat

and fish, there

are chapters

devoted to

vibrantly

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appetizers, 101

soups, sides,  
Recipes Using  
and desserts.

With a color  
Edible Plants

photo  
From Around

accompanying  
The World

every recipe,

Paleo Planet is

a beautiful book

for all cooks,

especially those

who are looking

to eat for

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better overall health. Above all, for followers of the paleo diet, it takes this style of cooking in exciting and brand new directions, transforming paleo into a truly global cuisine.

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Without plants,  
there would be  
no life on

earth. Kew

Gardens is  
famous for its  
breathtaking

displays of  
flowers and

tree,s but this

World Heritage

Site is also a

globally

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important

scientific and  
historical  
organization.

Scientists and

gardeners use  
the plants and  
knowledge that

have been  
collected at Kew  
since the  
eighteenth  
century to  
advance

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Understanding of  
the earth's  
environment and  
of how plant life  
can be used for  
human benefit.  
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ten-part BBC2  
series A New  
Year at Kew,  
this fascinating  
book takes us  
behind the

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scenes to show  
the  
extraordinary  
range of work  
carried out at  
Kew Gardens and  
Wakehurst Place  
- home to the  
Millenium Seed  
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Kew staff  
overseas. From  
using forensic  
botant to

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extinction, from  
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replanting the  
volcano-ravaged  
island of  
Montserrat, the  
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largely hidden  
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the benefits of  
which are far  
reaching. In the  
process it  
provides an  
absorbing and  
accessible  
introduction to  
such topical  
subjects as  
biodiversity,  
practical

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conservation and  
economic botany.

Lavishly  
illustrated and

filled with

engrossing  
stories and

engaging

characters, this

book brings to

life the world

of Kew and the

global

importance of

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its work. Kitchen

Cookbook 101

“Open Water is  
tender poetry, a

love song to

Black art and  
thought, an

exploration of  
intimacy and

vulnerability

between two

young artists

learning to be

soft with each

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other in a world that hardens against Black people.”—Yaa Gyasi, author of *HOMEGOING*

In a crowded London pub, two young people meet.

Both are Black British, both won scholarships to private schools where

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they struggled  
to belong, both  
are now  
artists—he a  
photographer,  
she a dancer—and  
both are trying  
to make their  
mark in a world  
that by turns  
celebrates and  
rejects them.  
Tentatively,  
tenderly, they

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fall in love.  
But two people  
who seem  
destined to be  
together can  
still be torn  
apart by fear  
and violence,  
and over the  
course of a year  
they find their  
relationship  
tested by forces  
beyond their

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control. Kitchen

Narrated with  
deep intimacy,  
Open Water is at  
once an aching  
beautiful love  
story and a  
potent insight  
into race and  
masculinity that  
asks what it  
means to be a  
person in a  
world that sees

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you only as a  
Black body; to  
be vulnerable  
when you are  
only respected  
for strength; to  
find safety in  
love, only to  
lose it. With  
gorgeous,  
soulful  
intensity, and  
blistering  
emotional



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intelligence, Caleb Azumah Nelson gives a profoundly sensitive portrait of romantic love in all its feverish waves and comforting beauty. This is one of the most essential debut novels of recent

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years, heralding  
the arrival of a  
stellar and  
prodigious young  
talent. Plants

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Plant-Based  
Diets in Health  
and Disease  
Prevention  
examines the  
science of  
vegetarian and

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plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that

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discusses both

the overall

benefits of

plant-based

diets on health

and the risk of

disease and

issues

concerning the

status in

certain

nutrients of the

individuals,

while providing

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Overall Kitchen  
consideration to  
the entire  
spectrum of  
vegetarian  
diets. Broken  
into five  
sections, the  
first provides a  
general overview  
of vegetarian /  
plant-based  
diets so that  
readers have a

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foundational  
understanding of  
the topic.

Dietary choices  
and their

relation with  
nutritional  
transition and

sustainability  
issues are

discussed. The  
second and third  
sections provide  
a comprehensive

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description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and

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health and  
disease  
prevention may  
differ in  
populations with  
different age or  
physiological  
status. The  
fifth and final  
section of the  
book details the  
nutrients and  
substances whose  
intakes are



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related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes

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the relation  
between plant-  
based diet and  
health at the  
different  
nutritional  
levels, i.e.  
from dietary  
patterns to  
specific  
nutrients and  
substances  
Provides a  
balanced

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evidence-based  
approach to  
analyze the  
positive and  
negative aspects  
of vegetarianism  
Addresses the  
different  
aspects of diets  
predominantly  
based on plants,  
including  
geographical and  
cultural

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Global Kitchen  
Cookbook 101  
variations of  
vegetarianism

Recipes Using  
Edible Plants  
From Around  
The World  
Witchery isn't  
limited to the  
sabbats and to  
the occasional  
full moon;  
magick happens  
every day. In  
this treasury of  
enchantments,  
spells and  
witchery,

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popular author

Ellen Dugan

presents her  
personal

grimoire of

magick

essentials to

keep you happily

conjuring seven

days a week!

Formerly

available as 7

Days of Magic,

new and advanced

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material has  
more than  
doubled the  
witchy wisdom  
within these  
pages, yet it  
still fits into  
a busy Witch's  
schedule. As you  
learn daily  
magickal  
correspondences  
and themes,  
you'll build a

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Global Foundation  
of knowledge and  
open up amazing  
possibilities  
for highly  
effective  
spellwork and  
witchery each  
and every day.  
At-a-Glance  
Correspondences  
Daily Magickal  
Applications  
Deities

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Meditations  
Magickal Plants  
& Flower Colors,  
Candles,  
Crystals &  
Metals Potions,  
Philthers & Oils  
Daily Witch  
Crafts Daily  
Rituals "This  
treasury of  
enchantments and  
spells will keep  
you conjuring



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Seven days a week!"—Prediction  
Magazine

Recipes Using

The first Plants

biography of the  
epic life of one  
of the most

important,  
enigmatic and  
private artists  
of the 20th  
century. Drawn  
from almost 40

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years of  
conversations  
with the artist,  
letters and  
papers, it is a  
major work  
written by a  
well-known  
British art  
critic. Lucian  
Freud  
(1922-2011) is  
one of the most  
influential

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figurative

painters of the  
20th century.

His paintings

are in every

major museum and  
many private

collections here  
and abroad.

William Feaver's  
daily calls from  
1973 until Freud  
died in 2011, as  
well as

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Interviews with family and friends were crucial sources for this book.

Freud had ferocious energy, worked day and night but his circle was broad including not just other well-known artists

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but writers,  
bluebloods,  
royals in  
England and  
Europe, drag  
queens, fashion  
models gamblers,  
bookies and  
gangsters like  
the Kray twins.  
Fierce,  
rebellious,  
charismatic,  
extremely

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guarded about  
his life, he was  
witty,  
mischievous and  
a womanizer.

This brilliantly  
researched book  
begins with the  
Freuds' life in  
Berlin, the rise  
of Hitler and  
the family's  
escape to London  
in 1933 when

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Lucian was 10.  
Sigmund Freud  
was his  
grandfather and  
Ernst, his  
father was an  
architect. In  
London in his  
twenties, his  
first solo show  
was in 1944 at  
the Lefevre  
Gallery. Around  
this time,

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Stephen Spender introduced him to Virginia Woolf; at night he was taking Pauline Tennant to the Gargoyle Club, owned by her father and frequented by Dylan Thomas; he was also meeting Sonia Orwell, Cecil Beaton,



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Auden, Patrick  
Leigh-Fermor and  
the Aly Khan,  
and his muse was  
a married femme  
fatale, 13 years  
older, Lorna  
Wishart. But it  
was Francis  
Bacon who would  
become his most  
important  
influence and  
the painters

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Frank Auerbach  
and David  
Hockney, close  
friends. This is  
an extremely  
intimate, lively  
and rich  
portrait of the  
artist, full of  
gossip and  
stories  
recounted by  
Freud to Feaver  
about people,

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encounters, and work. Freud's art was his life—"my work is purely autobiographical"—and he usually painted only family, friends, lovers, children, though there were exceptions like the famous small portrait of the

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Queen. With his later portraits, the subjects were often nude, names were never given and sittings could take up to 16 months, each session lasting five hours but subjects were rarely bored as Freud was a

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great raconteur  
and mimic. This  
book is a major  
achievement, a  
tour de force  
that reveals the  
details of the  
life and  
innermost  
thoughts of the  
greatest  
portrait painter  
of our time.

Volume I has 41

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black and white  
integrated  
images, and 2  
eight-page color  
inserts.

From Around

Edible insects  
have always been  
a part of human  
diets, but in  
some societies  
there remains a  
degree of  
disdain and

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disgust for  
their  
consumption.

Insects offer a  
significant  
opportunity to  
merge  
traditional

knowledge and  
modern science  
to improve human  
food security  
worldwide. This  
publication

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describes the contribution of insects to food security and examines future prospects for raising insects at a commercial scale to improve food and feed production, diversify diets, and support livelihoods in



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both developing and developed countries.

Edible insects are a promising alternative to the conventional production of meat, either for direct human consumption or for indirect use as feedstock.

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will boost awareness of the many valuable roles that insects play in sustaining nature and human life, and it will stimulate debate on the expansion of the use of insects as food and feed.

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