Eat Fresh Year-Round: A Guide to Seasonal Cooking

The World Guide To Cooking With Fruit & Vegetables

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The World Guide To Cooking With Fruit & Vegetables is a comprehensive guide to cooking with fruits and vegetables from around the world. It offers a wide range of recipes and cooking tips, catering to various cuisines and dietary preferences. The guide is not only useful for chefs and food enthusiasts but also for anyone looking to incorporate more fruits and vegetables into their diet.

The book is structured into several sections, each focusing on a different region or type of cuisine. It covers a variety of topics, including the history and cultural significance of fruits and vegetables, their nutritional benefits, and how to choose, store, and prepare them properly.

Some of the key features of the book include:

- A detailed explanation of the benefits of incorporating fruits and vegetables into one's diet
- Recipes for a wide range of dishes, from simple salads to complex curries
- Information on the nutritional content of different fruits and vegetables
- Tips on how to select the best produce
- Seasonal cooking tips

Overall, The World Guide To Cooking With Fruit & Vegetables is an invaluable resource for anyone looking to expand their culinary knowledge and enrich their meals with the diversity and flavors of the world's rich fruit and vegetable bounty.
With FedEx, we have the ability to get ingredients from anywhere [in the world], but if you put fruits and vegetables in season at farmers’ markets or roadside. These tips can help you get started. Make it easy: keep a bowl of fruit within easy reach on the kitchen counter or your desk at work so that you...