



# The New Oxford Book of Food Plants

*John Vaughan, Catherine Geissler*

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The Oxford Book of Food Plants is a beautifully illustrated compendium of facts about the plants we grow in our gardens and use in our cooking. Gorgeous botanical illustrations are accompanied by accessible yet authoritative descriptions of each plant, along with fascinating historical details and nutritive values.

This is a new edition of a classic book — fully updated with the latest nutritional research, as well as beautiful new plates and descriptions of many exotic edible plants that have only recently found their way into our markets and onto our kitchen tables — it is a must-have for anyone who loves good food, cooking, and gardening.

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