



# Melissa's Great Book of Produce: Everything You Need to Know about Fresh Fruits and Vegetables

*Cathy Thomas*

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## **Melissa's Great Book of Produce: Everything You Need to Know about Fresh Fruits and Vegetables**

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"It's not enough to know your jicama from your heirloom tomatoes these days. When it comes to fruits and vegetables, there's a whole new terrain and this book is your GPS. From dragon fruit to yuzu, this smart, savvy, handsomely illustrated guide tells you how to recognize it, buy it, prepare it, and cook it, with edgy recipes from all over the world."

--Steven Raichlen, author of *The Barbecue! Bible* and *How to Grill*

Chances are, you're tempted to venture beyond the standard fruits and vegetables when enticed by the array of fresh produce at your grocer's. But then you're stymied. Exactly what is that? Is it supposed to be eaten cooked or raw? Should it be firm or soft? Do you peel it? How do you get to the good stuff?

This guide gives you the answers. It tells you how to choose and use all kinds of produce and includes:

- \* More than 100 fruits and vegetables
- \* 200 gorgeous color photos and 100 delicious recipes
- \* The seasonal availability of each fruit and vegetable
- \* Information on how to select, store, eat, and cook each item

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