

H. ADVANCE TITLE INFORMATION

LAND & WERKEN SERIES:

FREE FOOD SUPPLIED BY NATURE

by Axel Gutjahr

CONTENT:

In former times people have reverted to a much greater extent to free food supplied by nature itself. These days' rediscovery of free food is however not necessarily due to frugality alone. For while collecting plants, herbs and fruits, one may perfectly enjoy the natural surroundings, and your receipts can oftentimes be prepared freshly at the time their content of beneficial ingredients such as vitamins and flavours is at its peak.

Thus, one may be able to experience whole new tastes of flavour which have been long since forgotten.

This book will enable you to safely determine all kinds of plants, know their ingredients and their effects (such as antihypertensive impacts or subserving metabolism), and will finally supply dozens of delicious recipes for soups, salads, vegetables, jelly, teas, liquors or bakery.

Rights all available

SPECIFICATIONS:

- 120 pages
- many colour photographs
- softcover
- trim size 183 x 225 mm
- retail price: € 14.99
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