Discovering Fruit and Nuts
Susanna Lyle

Northland resident Susanna Lyle has undertaken a huge task and done an excellent job in putting together this incredibly thorough and extensively researched book. Discovering Fruit and Nuts is an easy-to-read, comprehensive guide to fruit and nut plants that explores old favourites as well as many little-known yet exciting food-producing plants. As well as the A to Z guide to over 220 species, and lists of the most popular cultivars, a general introduction gives a basic background to various aspects of horticulture and plant nutrition. A table of plants for different garden situations at the back of the book is a useful ready-reference.

Discovering Fruit and Nuts is a vital reference, with everything a gardener needs to know and much that a commercial producer would find valuable in terms of choice of varieties and marketing of the harvest. Comprehensive and detailed at over 400,000 words with more than 250 full colour photographs and illustrations this book is an inspiration for people to grow and try new foods.

Author
Dr Susanna Lyle has over 25 years of practical and academic experience in plant and soil studies. She has taught horticulture, plant science and garden design, and has planned and planted private and community woodlands and gardens. She has also spent many years editing a range of scientific and educational books and journals. After travelling in many countries, observing and studying plants in many climates and locations, she now lives in Northland, New Zealand.
Dried fruit is fruit from which the majority of the original water content has been removed either naturally, through sun drying, or through the use of specialized dryers or dehydrators. Dried fruit has a long tradition of use dating back to the fourth millennium BC in Mesopotamia, and is prized because of its sweet taste, nutritive value, and long shelf life. Nuts and dried fruits have always been considered very healthy and healthy foods that contain a large amount of vitamin and nutrients, which is very important for supporting immunity.

Even in a healthy person, nuts and dried fruits can be digested for a long time, and a double load is placed on the sick stomach. However, as they say, "if you really want", then you can use a small amount of dried fruits or nuts, but: not on an empty stomach; not at the stage of exacerbation of gastritis NUTS U.S. â€“ ASSORTED DRIED FRUITS MIXED WITH PREMIUM NUTS: You will find rich nutrients that come with fruits and nuts in this wonderful POWERDISC. No Added Sugar, No Coloring, Gluten Free and GMO Free. 100 % Delicious!!! 45 POWERDISC OF 5 DIFFERENT VARIETIES: Apricot and Almond (10 items); Dates, Walnuts and Cacao (10 items); Fig and Walnut (10 items); Apricot and Hazelnut (10 items); Apple, Cinnamon, Sultanas and Hazelnut (5 items).

EASY TO CARRY: Just grab one POWERDISC and let it make your snack time more enjoyable and healthy. It’s a great idea for pre-workout, hiking, biking or any