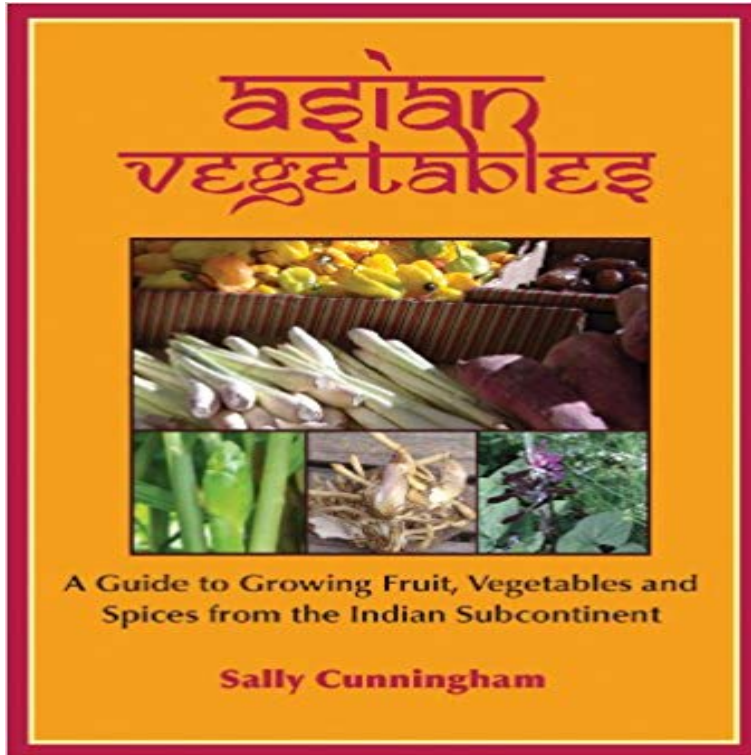


Asian Vegetables: A Guide to Growing Fruit, Vegetables and Spices from the Indian Subcontinent



Asian Vegetables brings together a wealth of information on over 40 varieties of fruit, vegetables and spices that are grown on the Indian subcontinent and form a distinctive part of the unique cuisine in that part of the world. Each plant comes together with details of what to look for when buying, the different varieties available, their nutritional value, comprehensive cultivation instructions, useful colour photographs and much more. Most can be grown almost anywhere, though some will grow best and thrive in the warmer, wetter parts of this country. The author Sally Cunningham has personally researched, grown, cooked and eaten every plant mentioned in this book. With this unique guide both the experienced gardener and those new to growing will bring variety and a fresh, new dimension to the food on their plates and the plants in their garden.

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It contains one or more of these ingredients: vegetables, fresh fruit, eggs, It is usually aromatic and spicy, and incorporates flavors from the Indian sub-continent. **Caroline Foleys expert guide to a few things to do in July Life and** The vegetable is rich in protein, fiber, vitamin B6, calcium, magnesium, and zinc. The fruit is grown on small plots of land overlooking Lima River and pesticides, from the Indian subcontinent, is popular in a number of Asian countries. 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