

This book explains how to grow, prepare, and preserve over 100 unique leaf vegetables. You'll learn how to make leaf concentrate, raise edible cover crops, and build your own solar food dryer, while exploring the potential role of leaf crops in ending global malnutrition and building a more durable food system. Thirty-six delicious original leaf vegetables recipes are included. Leaf crops can produce more nutrients in the same space and the same time than any other food crops. Leafy greens are rich in a wide range of vitamins, minerals, and disease-fighting antioxidants, while very low in calories. They are the ideal food for losing weight and protecting your health. Breakfast, lunch, and supper all begin when the green leaves of plants convert sunlight to food. This book is packed with practical information about how to make better use of those green leaves, the world's greatest underutilized source of food.

Straight Talk, No Chaser: How to Find, Keep, and Understand a Man, Observation:--Every Man His Own University: -1917, Love on a Ranch Box Set 5: 4 western romance novellas, Soar to Success 16-Month Weekly Engagement 2009-2010, Shadowed (Underground Zealot Series #3), The Occult,

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