

Secrets Of Saffron The Vagabond Life Of The Worlds Most Seductive Spice

Saffron: Science, Technology and Health summarizes the scientific, technical and health aspects of this crop. Saffron possesses unique agronomical, ecological, social and physiological characteristics. And, there are various chemical components present in saffron, including carbohydrates, minerals, vitamins, color pigment, aromatic and flavoring agents. Saffron has a long history of use in traditional medicine, and the medical industry as a cancer curing and antidepressant agent has brought more attention. There is also a growing trend of saffron use in the conventional food industry, including saffron desserts, cream, butter, beverages, powders, cake mixes and soups. Intended for nutrition scientists and scientists and technologists working in the areas of food, agriculture, new product development and aspects of saffron Explores the use of saffron in the conventional food industry in the development of new products Uncovers the unique agronomical, ecological, social and physiological characteristics of saffron

Spices, scents and silks were at the centre of world trade for millennia. Through their international trade, humans were pushed to explore and then travel to the far corners of the earth. Almost from their inception, the earliest great civilizations - Egypt, Sumer and Harappa - became addicted to the luxury products of far-off lands and established long-reaching trade networks. Over time, great products were produced. The New World was accidentally discovered by Columbus in his quest for spices. In this book, eminent horticulturist and author James Hancock examines the origins and early domestication and culture of spices, scents and silks and the central role these exotic luxuries played in the lives of the ancients. The book also traces the development of the great international trade networks for such luxuries shaped the world.

Encyclopedia of the Exquisite is a lifestyle guide for the Francophile and the Anglomaniac, the gourmet and the style maven, the armchair traveler and the art lover. It's an homage to the esoteric world of glamour that doesn't require much spending but makes us feel rich. Taking a cue from the exotic encyclopedias of the sixteenth century, which brimmed with mysterious artifacts, Jessica Kerwin explores the rare, the commonplace, and the delightful. A compendium of style, it merges whimsy and practicality, traipsing through the fine arts and the worlds of fashion, food, travel, home, garden, and beauty. Each entry features several engaging anecdotes, illuminating the curious past of each enduring source of beauty. Subjects covered include the explosive history of champagne; the art of lounging in style; the art of lingerie; the ancient uses of sweet-smelling saffron; the wild riot incited by the appearance of London's first top hat; Julia Child's tip for cooking the perfect omelet; the polarizing practice of wearing red lipstick during World War II; Louis XIV's fondness for the luscious Bartlett pear; the Indian origin of badminton; Parliament's 1650 attempt to suppress Europe's beauty mark fad; the evolution of the Egyptian obelisk; and the fanciful thrill of dining al fresco. Cleverly illustrated, Encyclopedia of the Exquisite is an ode to life's plenty, from the extravagant to the eccentric. It is a celebration of luxury that doesn't necessarily require money. **BONUS MATERIAL:** This ebook edition includes an excerpt from Jessica Kerwin Jenkins's All the Time in the World.

A practical guide for invoking the power and blessings of Tara, the beloved female buddha of Tibet Known as “the female Buddha” in Tibet and India, Tara connects us to the archetypal Divine Feminine—an energetic force that exists within us and all around us, and has been available to all humans since our earliest origin. While there are many books on Tara, this practical guide shows us how to invoke her power and blessings in a practical way. Instruction and authentic Tibetan Buddhist teachings. Jungian analyst, scholar, and spiritual practitioner Dr. Rachael Wooten combines the ancient Tara tradition with depth psychology to help us connect with each of Tara’s manifestations and access her blessings within ourselves and in the external world. In her myriad forms, Tara has the power to protect us from inner and outer negativity, illness, and poisons, address emotional trauma, open us to abundance, give us strength and peace, help us fulfill our life purposes, and more. Here, you will explore all 22 manifestations of Tara. Each chapter begins with an epigraph that captures the spiritual and psychological essence of the emanation, explains her purpose, and teaches you specific visualizations, praises, mantra chants, and other ways of invoking her power.

of wisdom and compassion was needed in the form of an awakened female figure such as Tara," writes Dr. Wooten, "that time is now." This book illuminates the way to her healing, blessings, and aid.

Advice, Wisdom, and History with a Grain of Saltiness

How to Choose the Best Bread, Cheeses, Olive Oil, Pasta, Chocolate, and Much More

Reflections on Endings, Beginnings, and the Unearthing of Self

On Spice

Visualizing Taste

China Bayles' Book of Days

A Cultural History of Hair in the Middle Ages

The Middle Ages were a time of great innovation, artistic vigor, and cultural richness. Appearances mattered a great deal during this vibrant era and hair was a key marker of the dynamism and sophistication of the period. Hair became ever more central to religious iconography, from Mary Magdalen to the Virgin Mary, while vernacular poets embellished their verses with descriptions of hairstyles both humble and elaborate, and merchants imported the finest hair products from great distances. Drawing on a wealth of visual, textual and object sources, the volume examines how hairstyles and their representations developed-often to a degree of dazzling complexity-between the years AD 800 and AD 1450. From wimpled matrons and tonsured monks to adorned noblewomen, hair is revealed as a potent cultural symbol of gender, age, sexuality, health, class, and race. Illustrated with approximately 80 images, A Cultural History of Hair in the Middle Ages brings together leading scholars to present an overview of the period with essays on politics, science, religion, fashion, beauty, the visual arts, and popular culture. Many edible plants considered exotic in the Western world are actually quite mainstream in other cultures. While some of these plants are only encountered in ethnic food markets or during travels to foreign lands, many are now finding their way onto supermarket shelves. Top 100 Exotic Food Plants provides comprehensive coverage of tropical and semitropical food plants, reviewing scientific and technological information as well as their culinary uses. Wide-ranging in scope, this volume's coverage includes plants that produce fruits, vegetables, spices, culinary herbs, nuts, and extracts. A user-friendly format enables readers to easily locate information on botanical and agricultural aspects, economic and social importance, food uses, storage, preparation, and potential toxicity. The book also contains an introductory chapter that reviews important historical, economic, geopolitical, health, environmental, and ethical considerations associated with exotic food plants. Thoroughly referenced with more than 200 literature citations, this book is enhanced by more than 200 drawings, many chosen from historical art of extraordinary quality. This timely volume also highlights previously obscure edible plants that have recently become prominent as a result of sensationalistic media reports stemming from their inherently entertaining or socially controversial natures. Some of these plants include the acai berry, kava, hemp, and opium poppy. A scholarly yet accessible presentation, the book is filled with numerous memorable, fascinating, and humorous facts, making it an entertaining and stimulating read that will appeal to a broad audience.

Pat Willard takes readers on a journey into the regional nooks and crannies of American cuisine where WPA writers-including Eudora Welty, Saul Bellow, Ralph Ellison, and Nelson Algren, among countless others-were dispatched in 1935 to document the roots of our diverse culinary cuisine. America Eats!, as the project was entitled, was never published. With the unpublished WPA manuscript as her guide, Willard visits the sites of American foods past glory to explore whether American traditional cuisine is still as healthy and vibrant today as it was then.

Explore the dramatic history of the world's most expensive spice in Saffron: A Global History. Literally worth their weight in gold, sunset-red saffron threads are prized internationally. Saffron can be found in cave art in Mesopotamia, in the frescoes of ancient Santorini, in the dyed wrappings of Egyptian mummies, in the saffron-hued robes of Buddhist monks, and in unmistakable dishes around the world. It has been the catalyst for trade wars as well as smuggling schemes and used in medicine and cosmetics. Complete with delicious recipes and surprising anecdotes, this book traces the many paths taken by saffron, revealing the allure of a spice sought globally by merchants, chefs, artists, scientists, clerics, traders, warriors, and black-market smugglers.

The Attari Tradition of Therapeutic Perfume

The Liberating Power of the Female Buddha

Disease, Prescription & Medication

The Encyclopedia of Herbs and Spices

An Eclectic Collection of Reading Recommendations, Quirky Lists, and Fun Facts about Books

An Unconventional Guide to Italian Culture from A to Z

100 Experts Topple the Icons and Champion the Slighted!

This valuable reference will be useful for both scholars and general readers. It is both botanical and cultural, describing the role of plant in social life, regional customs, the arts, natural and covers all aspects of plant cultivation and migration and covers all aspects of plant cultivation and migration. The text includes an explanation of plant names and a list of general references on the history of useful plants.

In this vivid and captivating journey through the colors of an artist’s palette, Victoria Finlay takes us on an enthralling adventure around the world and through the ages, illuminating how the colors we choose to value have determined the history of culture itself. How did the most precious color blue travel all the way from remote lapis mines in Afghanistan to Michelangelo’s brush? What is the connection between brown paint and ancient Egyptian mummies? Why did Robin Hood wear Lincoln green? In *Color*, Finlay explores the physical materials that color our world, such as precious minerals and insect blood, as well as the social and political meanings that color has carried through time. Roman emperors used to wear togas dyed with a purple color that was made from an odorous Lebanese shellfish—which probably meant their scent preceded them. In the eighteenth century, black dye was called logwood and grew along the Spanish Main. Some of the first indigo plantations were started in America, amazingly enough, by a seventeen-year-old girl named Eliza. And the popular van Gogh painting *White Roses* at Washington’s National Gallery had to be renamed after a researcher discovered that the flowers were originally done in a pink paint that had faded nearly a century ago. *Color* is full of extraordinary people, events, and anecdotes—painted all the more dazzling by Finlay’s engaging style. Embark upon a thrilling adventure with this intrepid journalist as she travels on a donkey along ancient silk trade routes; with the Phoenicians sailing the Mediterranean in search of a special purple shell that garners wealth, sustenance, and prestige; with modern Chilean farmers breeding and bleeding insects for their viscous red blood. The colors that craft our world have never looked so bright.

La Dolce Vita University, 2nd Edition (LDVU2) is the perfect sampler for anyone curious about (or already in amore with) Italy and its remarkably rich cultural gifts, both past and present. This fully revised second edition includes 75 pages of new material (60 new chapters and 40 new illustrations) to expand on the delights in the first edition. True to its lighthearted name, *La Dolce Vita* “U” is all about pleasurable learning, or what we prefer to call “edu-tainment.” Its dozens of entertaining yet authoritative mini-essays on a wide assortment of intriguing topics encourage random dipping at the reader’s pleasure. Even the most erudite Italophile will discover fun new facts and fascinating new insights in the pages of *La Dolce Vita U*. Mini-essays treat specific topics in one or more of the following subject areas: the Italian character; the visual arts (art, artists, architects); the performing arts (music, theater, cinema); history and antiquity; language and literature; cuisine and agriculture; wine and spirits; traditions and festivals; style and applied arts; unique places. In a wink and nod to the book’s “academic” identity, the 200 mini-essays are arranged alphabetically and accompanied by charming illustrations throughout. A special traveler’s topic index is provided at the end of the book.

A culinary master shares the secrets of shopping for the very best ingredients: “As delicious and satisfying a read as the traditional foods it celebrates” (Detroit Free Press). Hailed as one of the best delicatessens in the country by the New York Times, Esquire, and the Atlantic Monthly, Zingerman’s is a trusted source for superior ingredients—and an equally dependable supplier of reliable information about food. Now, Ari Weinzwieg, the founder of Zingerman’s, shares two decades of knowledge gained in his pursuit of the world’s finest food products. How do you tell the difference between a great aged balsamic vinegar and a caramel-flavored impostor? How do you select an extraordinary olive oil from the bewildering array of bottles on the grocery shelf? Which Italian rice makes the creamiest risotto (and what are the tricks to making a terrific one)? Is there a difference between traditionally made pastas and commercial brands? How do English and American Cheddars compare? How do you make sense of the thousands of teas in the world to find one you love? What should you look for on the label of a good chocolate? In this fascinating resource guide, Weinzwieg tells you everything you need to know about how to choose top-quality basics that can transform every meal from ordinary to memorable: oils, vinegars, and olives; bread, pasta, and rice; cheeses and cured meats; seasonings like salt, pepper, and saffron; vanilla, chocolate, and tea. Zingerman’s Guide to Good Eating also includes approximately 100 recipes, many collected from artisan food makers, from Miguel’s Mother’s Macaroni to “LEO” (lox, eggs, and onions) to Funky, Chunky Dark Chocolate Cookies. This book is not only an indispensable guide to pantry essentials—it’s an enthralling read. You’ll visit artisan food producers, learn fascinating facts, find sources for the best brands and food suppliers, and get valuable advice that will change the way you cook forever.

Saffron (Crocus Sativus)

Encyclopedia of the Exquisite

Top 100 Exotic Food Plants

Catalysts of World Trade

Marooned

La Dolce Vita University

The Food Almanac

Saffron is a precious spice which is mainly grown in Iran, India, Spain, Greece, Italy, Pakistan, Morocco, and central Asian countries. Until recently, saffron was perceived only for its value as a spice. However, with recent research findings pointing to the medicinal properties of saffron such as its antimicrobial, anticarcinogenic and antioxidant effects, interest in this plant has increased. The book presents a comprehensive account of saffron which includes the historical background, acerage underproduction, yield and applications, botanical ecophysiology, production technology, irrigation, pests, diseases and weeds, genetics, sterility, reproduction and production of secondary metabolites by in vitro method, economic aspects, indigenous knowledge in saffron production, processing, chemical composition and quality control, and research strategies.

Provides a collection of travel articles on the culture, cuisine, and everyday life of the Greek city, along with bibliographies and practical tips on transportation, culinary treasures, accommodations, and sights.

***SHORTLISTED FOR THE FORTNUM & MASON FOOD AND DRINK AWARDS 2021** The Food Almanac is a seasonal collection of recipes and stories celebrating the joy of food - a dazzling, diverse mix of memoir, history, short stories and poems alongside recipes, cooking tips, menus and reading lists. Join Miranda York, editor of *At The Table*, as she guides you through the year, with contributions from legendary food writers, lauded chefs, up-and-coming poets and award-winning novelists. With recipes and stories from Yotam Ottolenghi, Diana Henry, Felicity Cloake, Meera Sodha, Raymond Blanc, Deborah Levy, Anna Del Conte, Fuchsia Dunlop, Anna Jones, Olia Hercules, Rachel Roddy, Zoe Adjonyoh, Nik Sharma, Kit de Waal, Russell Norman, Tamar Adler, Nik Sharma, Claudia Roden, José Pizarro and many more. This is a book about good things to eat - a companion in the kitchen and a conversation with your favourite food writers. Join us at the table. "This is a book to keep both in the kitchen and on your bedside table. Reading it felt as soothing as podding broad beans. This collection of seasonal thoughts, ideas, book lists and recipes is packed full of delicious treats from wonderful food writers, from Claudia Roden to Diana Henry, from Itamar Srulovich to Meera Sodha. It's like having a lovely conversation about food with friends." - Bee Wilson "A joy for anyone who loves reading about food, *The Food Almanac* weaves poetry, recipes, essays and illustrations together to make a book that will carry you through the year. Rich, diverse and thoughtful." - Diana Henry "Not just a book for all seasons, but for all moods too - a timeless, eclectic, truly satisfying feast of great food writing." - Felicity Cloake "A brilliantly curated collection of work from the best, freshest and most thought provoking voices in food." - Tim Hayward "A delightful and diverse combination of ideas, recipes, poems and essays by a stellar collection of writers, *The Food Almanac* is a tonic for the palate and the mind. Louise Sheeran's illustrations are wonderful too." - Fuchsia Dunlop*

"Illuminated with a wide variety of images, this book traces the long history of yellow around the world. In antiquity, yellow was considered a sacred color, a symbol of light, warmth, wealth, and prosperity. But in medieval Europe, it became highly ambivalent: greenish yellow came to signify demonic sulfur and bile, the color of forgers, felon knights, traitors, Judas, and Lucifer-while warm yellow recalled honey and gold, serving as a sign of joy, pleasure and abundance. The yellow stars of the Holocaust were seared into the color's negative tradition. In Europe today, yellow has diminished to a discreet color. Greenish yellow can still be seen as dangerous, sickly, or poisonous, and golden yellow remains positive, but the color is absent in much of everyday life and is lacking in symbolism. In Asia, however, yellow pigments like ochre and orpiment and dyes like saffron, curcuma, and gaude are abundant. Painting and dyeing in this color has been easier than in Europe, offering a richer and more varied palette of yellows that has granted the color a more positive meaning. In ancient China, for example, yellow clothing was reserved for the emperor. In India, the color is seen as a source of happiness: wearing a little yellow is believed to keep evil away. And importantly, it is the color of Buddhism, whose temple doors are marked with the color. Yellow continues to have different meanings in different cultural traditions, but in most, the color remains associated with light and sun, something that can be seen from afar and that seems warm and always in motion"--

Jamestown, Shipwreck, and a New History of America's Origin

Current Contents

On the Road with the WPA - the Fish Fries, Box Supper Socials, and Chittlin' Feasts That Define Real American Food

Prostitution in the Ancient Greek World

Spices, Scents and Silk

Tara

Ghosts in the Garden

?National Book Award nominee Beth Kephart ’ s new book is an enchanting midlife meditation on aging, identity, and memory set against the backdrop of Chanticleer garden in Pennsylvania. On the morning of her forty-?rst birthday, Kephart — a mother, a wife, and a writer pressured by deadlines — finds herself at Chanticleer, one of the world ’ s most celebrated pleasure gardens. She knows little of the language of flowers. She cannot name the birds in the trees. She is a stranger among the gardeners and the people passing by. And yet she understands that she has somehow found her way to a place that can teach her about life and growth, about the past and the future. Week after week, she returns to Chanticleer — recalling her childhood self, mulling over legacy and soul, striking up friendships with gardeners and conversations with other visitors. Succored by the seasons and the weather, she finds the grace in approaching middle age. There are lessons in seeds, and she finds them. There are lessons in letting go. Kephart writes about questions we all ask ourselves: How do we remember who we used to be? How do we imagine who we ’ ll become? Have we lived our lives as we set out to? What legacies do we wish to leave behind? The book spans a two-year cycle, and each chapter is accompanied by a gorgeous black-and-white photograph of Chanticleer by William Sulit. Ghosts in the Garden pulses with possibility and purpose, with wisdom that is ageless and transcendent.

For readers of Nathaniel Philbrick’s Mayflower, a groundbreaking history that makes the case for replacing Plymouth Rock with Jamestown as America’s founding myth. We all know the great American origin story: It begins with an exodus. Fleeing religious persecution, the hardworking, pious Pilgrims thrived in the wilds of New England, where they built their fabled “ shining city on a hill. ” Legend goes that the colony in Jamestown was a false start, offering a cautionary tale of lazy louts hunted god till they starved and shiftless settlers who had to be rescued by English food and the hard discipline of martial law. Neither story is true. In Marooned, Joseph Kelly re-examines the history of Jamestown and comes to a radically different and decidedly American interpretation of these first Virginians. In this gripping account of shipwrecks and mutiny in America’s earliest settlements, Kelly argues that the colonists at Jamestown were literally and figuratively marooned, cut loose from civilization, and cast into the wilderness. The British caste system meant little on this frontier: those who wanted to survive had to learn to work and fight and intermingle with the nearby native populations. Ten years before the Mayflower Compact and decades before Hobbes and Locke, they invented the idea of government by the people. 150 years before Jefferson, the colonists discovered the truth that all men were equal. The epic origin of America was not an exodus and a fledgling theocracy. It is a tale of shipwrecked castaways of all classes marooned in the wilderness fending for themselves in any way they could--a story that illuminates who we are as

a nation today.

Growing consumer interest in organic and herbal-based products has led to great demand in the botanicals industry in the past few years. However, the growing number of products utilizing medicinal and aromatic plants (MAPs) has threatened an estimated 9,000 medicinal plant species worldwide, making it critical to reevaluate their research and development, production, and utilization. Continuing advances in Omics methodologies and instrumentation are essential to understanding how plants cope with the dynamic nature of their growing environment, how yields and characteristics can be improved, and how to most effectively direct conservation efforts. With a focus on metabolomics, genomics, proteomics, transcriptomics, and more, Medicinal and Aromatic Plants: Expanding Their Horizons through Omics illustrates the genetic mechanisms of MAPs, providing a better understanding of MAPs conservation and methods to improve characteristics for medical applications. With an introduction on the role of MAPs in human health, subsequent chapters discuss using proteomics to increase MAP yields and plant quality, genome editing, and CRISPR/Cas9. A valuable resource for farmers, scientists, chemists, biochemists, pharmacists, and students interested in medicinal and aromatic plants and plant biology, Medicinal and Aromatic Plants: Expanding Their Horizons through Omics ensures readers have the background knowledge to put the necessary methodologies into practice themselves. Includes in-depth analysis of Omics technologies for the enhancement of MAPs Discusses applications of MAPs including their role in human health Written by world-wide leading experts in the field

One hundred of America's favorite writers re-evaluate the overpraised and applaud the unappreciated in this fun and impossible-to-put-down collection of highly opinionated essays. What began as one of American Heritage's most popular annual features is collected now in this beautifully illustrated, endlessly entertaining book. One hundred inspired, irreverent, illuminating pieces take a fresh look at the people, places and things we take for great-and for granted. Dozens of America's most celebrated writers muse on the subjects they know best: Liz Smith on the Most Overrated and Underrated Love Affairs; Art Spiegelman on Comic Strips; Lawrence Block on Fictional Private Eyes, and Christopher Buckley on the most Overrated and Underrated Kennedys, to name just a few. Their wizened analysis, leavened with liberal dollops of humor, is sure to inspire thought and lively conversation, whether you agree or disagree, for example, that Barbara Streisand is the most overrated singer or that the peanut butter-and-jelly sandwich is the most underrated American dish.

Proceedings of the 11nd International Symposium on Saffron Biology and Technology

Recipes and Stories for a Year at the Table

Science, Technology and Health

A Vagabond Journey Around the World

Pie Every Day

The Cultural History of Plants

Athens

Prostitution in the ancient Greek world was widespread, legal, and acceptable as a fact of life and an unavoidable necessity. The state regulated the industry and treated prostitution as any other trade. Almost every prominent man in the ancient world has been truly or falsely associated with some famous hetaira. These women, who sold their affections to the richest and most influential men of their time, have become legends in their own right. They pushed the boundaries of female empowerment in their quest for self-promotion and notoriety, and continue to fascinate us. Prostitution remains a complex phenomenon linked to issues of gender, culture, law, civic ideology, education, social control, and economic forces. This is why its study is of paramount importance for our understanding of the culture, outlook and institutions of the ancient world, and in turn it can shed new light and introduce new perspectives to the challenging debate of our times on prostitution and contemporary sexual morality. The main purpose of this book is to provide the primary historical study of the topic with emphasis upon the separation of facts from the mythology surrounding the countless references to prostitution in Greek literary sources.

With 30 crusts and 18 ways to fill them, these easy recipes will allow you to enjoy pies throughout your day. Pie Every Day will convince even beginning cooks that, with very little fuss or trouble, delicious, filling, nutritious pies can indeed be offered up at the family table every day. Beginning with a comprehensive chapter on crust-making, readers will discover pies to be made for breakfast, when friends stop by, or when the kids come home from school. Bake pie hors d' oeuvres, pies for dinner, and, of course, dessert! " Witty . . . beautiful, as sweet as you know what, I ate it up." –The Atlanta Journal-Constitution A Book-of-the-Month Club, Good Cook Club, and Country Homes and Gardens selection

Retrospective of Marilyn Monroe by Timothy Knight. Book is bundled with DVD documentary.

A revealing look at the history and production of spices, with modern, no-nonsense advice on using them at home. Every home cook has thoughts on the right and wrong ways to use spices. These beliefs are passed down in family recipes and pronounced by television chefs, but where do such ideas come from? Many are little better than superstition, and most serve only to reinforce a cook's sense of superiority or cover for their insecurities. It doesn't have to be this way. These notes On Spice come from three generations of a family in the spice trade, and dozens upon dozens of their collected spice guides and stories. Inside, you'll learn where spices come from: historically, geographically, botanically, and in the modern market. You'll see snapshots of life in a spice shop, how the flavors and stories can infuse not just meals but life and relationships. And you'll get straightforward advice delivered with wry wit. Discover why: Salt grinders are useless Saffron is worth its weight in gold (as long as it's pure) That jar of cinnamon almost certainly isn't Vanilla is far more risqu  than you think Learn to stop worrying and love your spice rack.

How Business Changed the Look of What You Eat

With Some Notes of His Experiences Among the Russians

A Global History

The Vagabond Life of the World's Most Seductive Spice

Fragrances of the Soul

Zingerman's Guide to Good Eating

Yellow

Pat Willard's enticing exploration of the exotic spice saffron describes its journey from the ancient Sumerian kingdoms, Persia, and the island of Crete to the Pennsylvania Dutch in America. Through a beautiful blend of personal stories, myths, history, quotations, ancient remedies, and modern recipes, Willard takes us from Cleopatra's bath to the medieval court of France and beyond. A practical guide to buying, using, and even growing saffron as well as a cookbook containing recipes ranging from Paella Valenica to Saffron Consomm , this magical account is perfect for anyone who has ever been teased by this seductive spice.

Fragrances of the Soul offers an examination of the history, philosophy, and application of natural perfumes that are utilized in healing traditions around the world. Author John E. Smith takes us on a fragrant journey of discovery, from ancient Egypt and Greece, on through the annals of Indian Ayurveda and traditional Chinese medicine, to modern day treatments. We investigate the use of natural perfume oils in the teachings of the Old and New Testament, the Persian Canon of Medicine, and other major texts. The book also provides insight into the many different fragrances that have been used traditionally to promote health of mind, body, and spirit.

Ai Hisano reveals how the food industry capitalized on color, fashioning a visual vocabulary that shapes what we think of the food we eat. Our perceptions of what food should look like have changed dramatically as scientists, farmers, food processors, regulators, and marketers established a new, and highly engineered, version of the "natural."

Winner of the 2017 James Beard Award for Reference & Scholarship The discovery of cheese is a narrative at least 8,000 years old, dating back to the Neolithic era. Yet, after all of these thousands of years we are still finding new ways to combine the same four basic ingredients - milk, bacteria, salt, and enzymes - into new and exciting products with vastly different shapes, sizes, and colors, and equally complex and varied tastes, textures, and, yes, aromas. In fact, after a long period of industrialized, processed, and standardized cheese, cheesemakers, cheesemongers, affineurs, and most of all consumers are rediscovering the endless variety of cheeses across cultures. The Oxford Companion to Cheese is the first major reference work dedicated to cheese, containing 855 A-Z entries on cheese history, culture, science, and production. From cottage cheese to Camembert, from Gorgonzola to Gruy re, there are entries on all of the major cheese varieties globally, but also many cheeses that are not well known outside of their region of production. The concentrated whey cheeses popular in Norway, brunost, are covered here, as are the traditional Turkish and Iranian cheeses that are ripened in casings prepared from sheep's or goat's skin. There are entries on animal species whose milk is commonly (cow, goat, sheep) and not so commonly (think yak, camel, and reindeer) used in cheesemaking, as well as entries on a few highly important breeds within each species, such as the Nubian goat or the Holstein cow. Regional entries on places with a strong history of cheese production, biographies of influential cheesemakers, innovative and influential cheese shops, and historical entries on topics like manorial cheesemaking and cheese in children's literature round out the Companion's eclectic cultural coverage. The Companion also reflects a fascination with the microbiology and chemistry of cheese, featuring entries on bacteria, molds, yeasts, cultures, and coagulants used in cheesemaking and cheese maturing. The blooms, veins, sticky surfaces, goeey interiors, crystals, wrinkles, strings, and yes, for some, the odors of cheese are all due to microbial action and growth. And today we have unprecedented insight into the microbial complexity of cheese, thanks to advances in molecular biology, whole-genome sequencing technologies, and microbiome research. The Companion is equally interested in the applied elements of cheesemaking, with entries on production methodologies and the technology and equipment used in cheesemaking. An astonishing 325 authors contributed entries to the Companion, residing in 35 countries. These experts included cheesemakers, cheesemongers, dairy scientists, anthropologists, food historians, journalists, archaeologists, and on, from backgrounds as diverse as the topics they write about. Every entry is signed by the author, and includes both cross references to related topics and further reading suggestions. The endmatter includes a list of cheese-related museums and a thorough index. Two 16-page color inserts and well over a hundred black and white images help bring the entries to life. This landmark encyclopedia is the most wide-ranging, comprehensive, and reliable reference work on cheese available, suitable for both novices and industry insiders alike.

An Anecdotal History of Elegant Delights

America Eats!

The History of a Color

Expanding their Horizons through Omics

Der Reggeboege

Recipes and Slices of Life

Secrets of Saffron

The Encyclopedia of Herbs and Spices provides comprehensive coverage of the taxonomy, botany, chemistry, functional properties, medicinal uses, culinary uses and safety issues relating to over 250 species of herbs and spices. These herbs and spices constitute an important agricultural commodity; many are traded globally and are indispensable for pharmaceuticals, flavouring foods and beverages, and in the perfumery and cosmetic industries. More recently, they are increasingly being identified as having high nutraceutical potential and important value in human healthcare. This encyclopedia is an excellent resource for researchers, students, growers and manufacturers, in the fields of horticulture, agriculture, botany, crop sciences, food science and pharmacognosy.

A companion volume to the best-selling China Bayles mystery novels featuring the herbalist sleuth presents a collection of facts, recipes, trivia, remedies, lore, and gardening tips for every day of the year, accompanied by essays by the author, clues from China's mysteries, and more. Original. 30,000 first printing.

Information about drugs, side effects and abuse. Drug prescription, medication and therapy. online stores to buy drugs. Testing, interaction, administration and treatments for the health care. Medicine is the branch of health science and the sector of public life concerned with maintaining or restoring human health through the study, diagnosis, treatment and possible prevention of disease and injury. It is both an area of knowledge – a science of body systems, their diseases and treatment – and the applied practice of that knowledge. A drug is any biological substance, synthetic or non-synthetic, that is taken for non-dietary needs. It is usually synthesized outside of an organism, but introduced into an organism to produce its action. That is, when taken into the organisms body, it will produce some effects or alter some bodily functions (such as relieving symptoms, curing diseases or used as preventive medicine or any other purposes).

This book is the sequel to Britain Through Muslim Eyes and examines contemporary novelistic representations of and by Muslims in Britain. It builds on studies of the five senses and 'sensuous geographies' of postcolonial Britain, and charts the development since 1988 of a fascinating and important body of fiction by Muslim-identified authors. It is a selective literary history, exploring case-study novelistic representations of and by Muslims in Britain to allow in-depth critical analysis through the lens of sensory criticism. It argues that, for authors of Muslim heritage in Britain, writing the senses is often a double-edged act of protest. Some of the key authors excoriate a suppression or cover-up of non-heteronormativity and women's rights that sometimes occurs in Muslim communities. Yet their protest is especially directed at secular culture's ocularcentrism and at successive British governments' efforts to surveil, control, and suppress Muslim bodies.

A Natural History of the Palette

Medicinal and Aromatic Plants

Making Sense of Contemporary British Muslim Novels

The Book of Books

A Narrative of Personal Experience

Saffron

Color