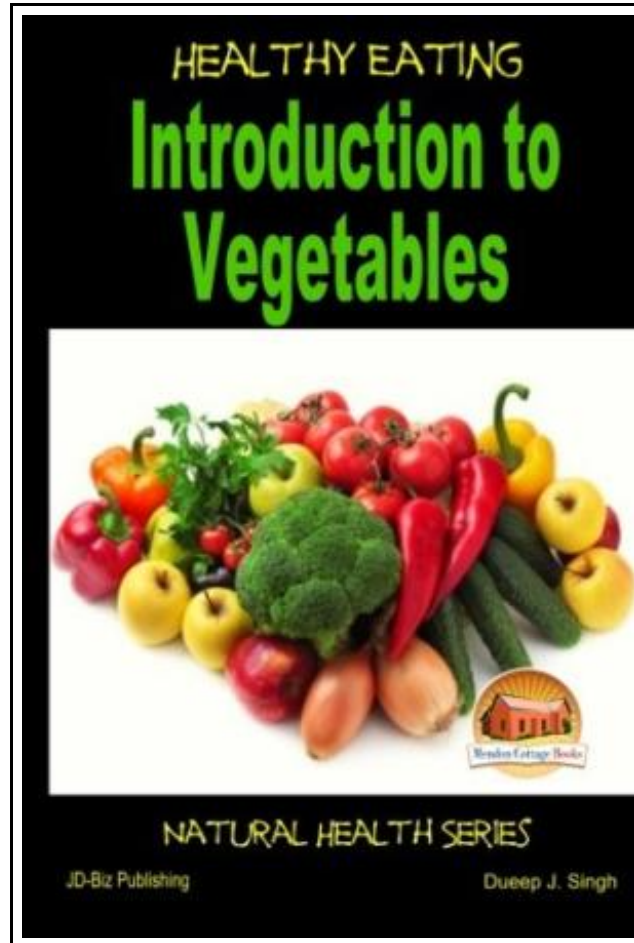


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Eating - Introduction to Vegetables Table of Contents INTRODUCTION TO VEGETABLES INTRODUCTION VEGETABLE CUISINE IN ASIA INDIGENOUS VEGETABLES CABBAGES AND POTATOES POTATO ROSTI VEGETABLE-BASED DISHES IN EUROPE WHY COOK VEGETABLES IN SLICES LEAF WRAPPED FOODS TRADITIONAL CABBAGE ROLLS SAUERKRAUT KIMCHI-OR FERMENTED RADISH/CABBAGE ARTICHOKE CHOOSING AND EATING ARTICHOKE WHITE SAUCE FOR ARTICHOKE PEAS TRADITIONAL PEAS PUDDING DOLMA SAUTE FENNEL CONCLUSION AUTHOR BIO PUBLISHER Introduction Someone once asked me whether I was a vegetarian, and when I said that I had tried vegetarianism for about five years, she asked me whether I found some improvement in my health. And even my mental and spiritual behavior and outlook? As she is a strict vegetarian, and is rather fanatical about promoting vegetarianism in her circle. She was a bit disappointed when I said, well, I can take it or leave it, and I did not find any great change in health, when I was a vegetarian, and then one fine day I decided to go back to my state of omnivorous grazing, which included everything from vegetables, roots, bark, leaves to snakes and snails and oxtails. Well, let me admit that I was taking a Mickey out of her. Vegetarianism had improved my health considerably, as well as made me feel more youthful, energetic, and had even improved the texture of my skin and hair. But I was not going to admit that to her. And then I had digressed back to animal tissue, and found that the extra toxic waste build up in my body had brought my health level back to what it was previously before I had started on a fully vegetarian diet. Also, I did not want...



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