

# CBHL PLANT BIBLIOGRAPHY

## Number 7



## COOKING WITH VEGETABLES, FLOWERS AND FRUITS:

An annotated list of references

by Eileen Schofield

The Council on Botanical and Horticultural Libraries, Inc.  
The New York Botanical Garden, Bronx, New York 10458



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Cover note:

Cover design and illustrations by Fred Anderson, Graphic Artist, Kansas Agricultural Experiment Station.

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**COOKING WITH VEGETABLES,  
FLOWERS AND FRUITS:  
AN ANNOTATED LIST OF REFERENCES**

**BY EILEEN SCHOFIELD**

THE COUNCIL ON BOTANICAL AND HORTICULTURAL LIBRARIES, INC.  
THE NEW YORK BOTANICAL GARDEN, BRONX, NEW YORK 10458

1988

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DEDICATION

In Memory Of

CHARLES ROBERT LONG

Bookman

Botanist

Colleague

Friend

1936-1985

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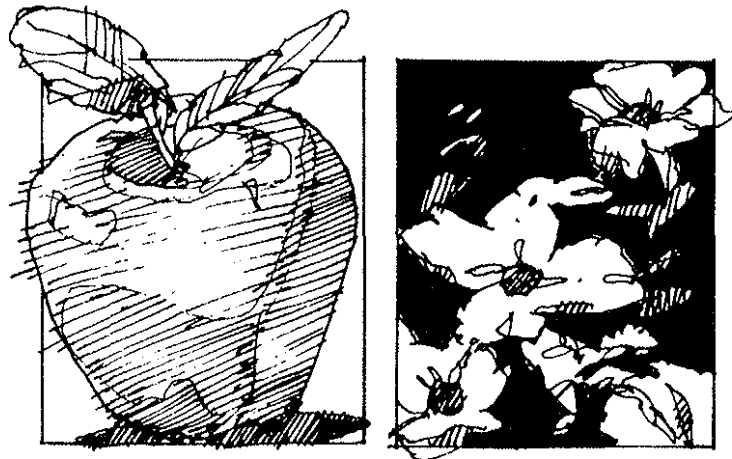
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The literature on cooking with flowers is sparse. The references listed here are the only ones available at this time with good recipes. However, there are many more books about fruits and a seemingly endless number of vegetable cookbooks. This burst of publications may be related to the renewed interest in growing vegetables at home and eating more healthful foods. I have limited the entries to volumes that are attractive and readable, have a good assortment of recipes, and were published within the last 20 years. Books of the 1980's are emphasized.

Volumes on individual fruits or vegetables are listed under their traditional category. More general books are categorized by the designations in their titles. Those dealing equally with both fruits and vegetables are in a section at the end. All the books considered here should be found in libraries, bookstores, or catalogs.

I consulted the cookbook collections at the New York Botanical Garden, Kansas State University, and the Manhattan (Kansas) Public Library, plus my own collection, to compile this bibliography.





growing and harvesting, and how to store, freeze, and cook it. The selection of recipes is excellent and does provide ideas for those extra tomatoes. You can get rid of 15 at once in "Too Many Tomatoes Sauce!"

Candler, Teresa Gilardi. 1980. *Vegetables the Italian Way*. New York, McGraw-Hill Book Co. 236 p.

This book provides many ideas for enjoying Italian flavors in vegetable dishes. Recipes are arranged in categories, from appetizers to cakes and breads. They are clearly presented, and chapters are decorated with line drawings. A glossary provides descriptions of vegetables and nutritional information.

Casella, Delores. 1983. *The Complete Vegetable Cookbook*. Port Washington, David White, Inc. (1 Pleasant Ave., Port Washington, NY 11050). 229 p.

This volume starts with chapters arranged by botanical categories, such as beans and seeds, leafy vegetables, and roots and tubers. Each chapter is illustrated with an attractive line drawing. Entries are alphabetical, with notes on history and how to choose and cook each subject, as well as recipes. The second part of the book features recipes arranged from appetizer to dessert, as well as chapters on vegetable casseroles, stir-frying, and microwave cooking. Additional illustrations show Oriental vegetables and cooking equipment. The wide selection of recipes includes many foreign ones, and the two sections allow the reader to find ideas for a particular dish or a particular vegetable.

Chalmers, Irena. 1975. *Vegetable Cookery*. Greensboro, Potpourri Press (P.O. Box 10312, Greensboro, NC 27404). 48 p., pap.

A brief introduction offers hints on buying vegetables and basic cooking methods. An alphabetical list of vegetables includes specific notes on the peak buying season and how to prepare for cooking. The recipes that follow are clear but not in any noticeable order. Each is illustrated by a line drawing of the vegetable involved.

Cook, Alan D. and Joyner, Margaret E. B. (editors). 1983. *Oriental Herbs and Vegetables*. Brooklyn, Brooklyn Botanic Garden (1000 Washington Ave., Brooklyn, NY 11225). 76 p., pap.

The many chapters written by different authors introduce readers to Oriental vegetables. Information is given on history, identification, where to buy them, and how to cook them. A catalog of vegetables provides Latin names, common names, descriptions, common uses, and black and white illustrations. There are no actual recipes, but plenty of interesting facts to help you decide which vegetable to try.

Dahlen, Martha and Phillips, Karen. 1983. *A Popular Guide to Chinese Vegetables*. New York, Crown Publishers, Inc. 113 p.

After a brief discussion of Chinese cooking methods and equipment, this book concentrates on introducing Oriental vegetables. English and Chinese names are provided in the text; Latin names and families are listed in an Appendix. Entries range from the familiar, like





are brief descriptions and notes on selection and storage. However, the emphasis is on recipes--over 400 for every category.

Greene, Bert. 1984. *Greene on Greens*. New York, Workman Publishing. 432 p., pap.

Thirty favorite vegetables are considered in this entertaining book. Each chapter begins with an anecdote about the appropriate vegetable, followed by a bit of history and advice on choosing a healthy specimen. Then there is a selection of original recipes, some simple, some complicated. Decorated with pencil drawings and leaf-green headings, this book offers not only good cooking, but good reading!

Hawkes, Alex. 1984. *A World of Vegetable Cookery*. New York, Simon and Schuster. 283 p., pap.

This encyclopedia includes common and unusual vegetables (some are fruits used as vegetables) from around the world. Entries are alphabetically arranged by common names, and many are illustrated by line drawings. For each there is a description and notes on origin and history. Recipes are provided for most, but not all, of the vegetables. They include many foreign dishes and some novel ideas for using native varieties.

Hazelton, Nika. 1976. *Unabridged Vegetable Cookbook*. New York, M. Evans and Co. 381 p.

After a short history, vegetables are presented in alphabetical order by common name. The Latin name is included, then a general description, notes on different ways to prepare, nutritional value, and recipes. Familiar vegetables are presented in new ways, and many unusual ones are introduced. Line drawings are scattered throughout, but unfortunately, do not illustrate all the vegetables.

Hendrickson, Audra and Jack. 1986. *The Carrot Cookbook*. Pownal, Storey Communications, Inc. (Schoolhouse Rd., RD 1, Box 105, Pownal, VT 05261). 171 p., pap.

This well designed book has bold print, graphic decorations, and clever titles for recipes. The introduction includes a history of carrots and nutritional facts, especially the new-found benefits of beta-carotene. There are notes on growing and using carrots. Recipes include everything from soups to main dishes and desserts (more than carrot cake). Cooks will find new ideas for feeding healthful carrots to reluctant family members!

Hillman, Libby. 1983. *Fresh Garden Vegetables*. New York, Harper and Row. 84 p.

This book is part of the series "Great American Cooking Schools," which features authors who teach in cooking schools. Vegetables are arranged alphabetically and illustrated by black and white watercolor sketches. The print is large and easy to read. Some unfamiliar vegetables, like arugula and kohlrabi, are included. The text provides basic information about each vegetables, notes on how to prepare it, and recipes. The latter are imaginative but not too complicated.

A final chapter offers recipes for vegetables combinations in casseroles and tarts.

Klein, Maggie Blyth. 1983. *The Feast of the Olive*. Berkeley, CA, Aris Books. 223 p.

This is an attractive book that provides a lot of information about olives. It includes history (in the Old World and America), botanical facts, folklore, and production of olive oil. A wide variety of recipes features either olives or the oil. The narrative sections are illustrated with pen and ink sketches.

Knapp Press Editorial Group. 1983. *Cooking with Bon Appetit. Vegetables*. Los Angeles, The Knapp Press. 117 p.

Sections are organized botanically--greens, cabbage family, squash, other vegetables, fruits, etc. For each section, there is a short introduction with some notes on history and general information about the vegetables. The selection of recipes includes appetizers, main dishes, salads, and more. They offer easy-to-prepare dishes and more complex ones, many of foreign origin. A chart shows seasonal availability of all vegetables and advice on how to choose them. Large headings and boldface type make the recipes very readable. Full-page, color photographs illustrate many of the recipes.

Kraft, Ken and Kraft, Pat. 1977. *Exotic Vegetables*. New York, Walker and Co. 116 p.

These authors provide an introduction to unusual vegetables that can be grown in a home garden. There is basic information on soil, fertilizer, pests, and planting, plus a list of the vegetables with their Latin names. A short chapter on cooking basics defines terms and gives recipes for sauces and salad dressings. The vegetables are arranged alphabetically by common name and most are illustrated by a black and white photograph. They range from adzuki beans and cardoons to sesame and sorrel. For each entry, there is a bit of history, a description, and several recipes.

London, Sheryl. 1976. *Eggplant and Squash. A Versatile Feast*. New York, Atheneum. 310 p.

Each section of the book begins with a history of the vegetable and a discussion of varieties available, how to grow them, and general hints on cooking. The recipes show how versatile these vegetables are--adapted to soups, main dishes, pickles, or desserts. Small drawings illustrate the vegetables and various cooking methods.

Madlener, Judith Cooper. 1977. *The Seavegetable Book*. New York, Clarkson N. Potter, Inc. 288 p.

This attractive book presents one of the most unfamiliar vegetables: seaweed. The "data pages" constitute a catalog of seaweeds, arranged alphabetically by common name. Scientific names are included, as well as folk names in various languages. There is a line drawing for each species, a description, and notes on habitat and flavor when cooked. Other chapters discuss collecting and preparing seaweeds

and their nutritional value. Recipes are provided for appetizers, main dishes, desserts, and other categories.

Marton, Beryl M. 1977. Out of the Garden into the Kitchen. New York, David McKay Co. 309 p.

This guide includes 54 vegetables, nuts, and grains (a few of which cannot be grown at home, like rice). Chapters are arranged alphabetically by common name, and each one begins with a full-page, decorative drawing of the subject. Latin names are provided, as well as notes on history, gardening hints, how to cook and serve, and nutritional information. Then there are several recipes for each item.

Mayer, Paul. 1975. Vegetable Cookbook. Concord, Nitty Gritty Productions (P.O. Box 5457, Concord, CA 94522). 183 p., pap.

A colorful book, printed in green and beet-colored ink on textured paper. Vegetables are arranged alphabetically, with a brief history, notes on selection and cooking, and an assortment of recipes. Most of the recipes are simple, but they offer new ideas. A separate chapter has recipes for sauces and flavored butters to dress up any vegetable.

Miller, Alice Joy, Fulvi, Ronnie J., Fullan, Joanne G., and Quinn, Margaret C. (editors). 1984. Farm Journal's Best-Ever Vegetables Recipes. Philadelphia, Farm Journal, Inc. 278 p.

The introductory section features descriptions and notes on storage and preparation of vegetables, arranged in alphabetical order. Each is illustrated with a pen and ink drawing. Most of the book is devoted to an extensive collection of recipes, arranged by category from appetizers to desserts and pickles. Some are shown in color photographs.

Morash, Mirian, 1982. The Victory Garden Cookbook. New York, Alfred A. Knopf. 374 p., pap.

This excellent book is based on a popular television show and is illustrated throughout with fine color photographs. Thirty-eight individual or groups of vegetables are considered. For each, there is general advice on growing, storing, and cooking, followed by a selection of recipes. Some are simple, others are more sophisticated, and many are unusual. All will provide new ideas for using vegetables, whether grown at home or purchased at the market.

Moyer, Anne (editor). 1977. The Green Thumb Cookbook. Emmaus, PA, Rodale Press. 316 p.

The introduction gives general advice on harvesting and handling garden vegetables, but none on growing them. Thirty-seven vegetables are discussed in alphabetical order. For each, there is a description, notes on how to pick and store it, and nutritional content, followed by a number of recipes. Most of these are simple and stress healthful ingredients (yogurt, whole grains, etc.). Each chapter is illustrated

with line drawings, and there is a section of color plates, showing cooked dishes.

Owen, Millie (editor). 1983. *Lois Burpee's Gardener's Companion and Cookbook*. New York, Harper and Row. 248 p.

This book provides entertaining reading, as well as useful information. Mrs. Burpee reminisces about how she became interested in vegetables and gives advice on gardening and cooking tools and seasonings. Discussions of vegetables are organized by season: early summer, mid-summer, and fall and winter. There are notes on growing and harvesting, plus some simple recipes. Additional chapters have recipes for pickles, jams and jellies, desserts, and soups and casseroles. The book is illustrated throughout with attractive black and white watercolors.

Oxmoor House Editorial Group. 1983. *The Southern Heritage Vegetables Cookbook*. Birmingham, AL, Oxmoor House, Inc. 143 p.

This volume concentrates on recipes for 28 vegetables, plus combinations thereof. Entries are arranged alphabetically, from artichokes to turnips. After brief notes on how to prepare the vegetables, there is a selection of recipes, including many from the southern tradition. Color photographs, old sepia prints, and old advertisements decorate the text.

Pappas, Lou Seibert. 1982. *Vegetable Cookery*. Tucson, HP Books (P.O. Box 5367, Tucson, AZ 85703). 192 p., pap.

An alphabetical catalog of vegetables is featured here, with brief notes on selection, preparation, and appropriate cooking methods. Recipes are arranged by category, from appetizer to desserts. They are printed in easy-to-read type and include interesting combinations of ingredients, many with an ethnic flavor. Color photographs illustrate preparation techniques and finished products.

Ralston, Nancy C. and Jordan, Marynor. 1977. *Zucchini Cookbook*. Pownal, Garden Way Publishing (Schoolhouse Rd., RD 1, Box 105, Pownal, VT 05261). 142 p., pap.

Anyone who grows zucchini needs recipes for the abundant crop. This attractive book also includes some other squashes, a section on spaghetti squash, and squash blossoms. There are notes on available varieties and how to cook summer and winter types. Quick ideas for serving are provided in a chart showing combinations of zucchini with 10 sauces and other vegetables. Complete recipes are offered for appetizers, breads, soups, salads, desserts, and more.

Spear, Ruth. 1985. *The Classic Vegetable Cookbook*. New York, Harper and Row. 424 p.

The title describes this book accurately. The first chapter reviews basic cooking techniques. Then, alphabetically arranged chapters consider 44 vegetables, from artichoke to zucchini. Mostly familiar types are discussed, but a few exotics are included, like fiddleheads,

salsify, and sorrel. For each entry, there is a line drawing and information on choosing, storing, and preparation, plus a selection of recipes. At the end is an illustrated guide to culinary herbs. This is an excellent, basic cookbook for vegetables lovers.

Stern, Marina. 1978. *A Book of Vegetables*. Wilton, CT, Lyceum Books. 311 p.

This is an encyclopedia of 21 vegetables (or groups of related ones). Each chapter starts with an attractive pencil drawing and brief notes on history and preparation. The emphasis is on recipes, which are well organized and printed in an easy-to-read style. A variety of ideas is presented for each vegetable, from quick appetizers to more complicated main dishes and novelties, like cooked lettuce. There is a lot of wasted space throughout the book, making it thicker and heavier than necessary.

Sturges, Lena and Bonnie, Fred. 1976. *The Compleat Vegetable Book*. Birmingham, AL, Oxmoor House, Inc. 278 p.

If you like to grow your own vegetables, you will find in this book instructions for planning, planting, and caring for a garden. There is a section on various methods of preserving, such as pickling, making jellies, and freezing. The cooking section offers recipes for 29 vegetables, arranged alphabetically. Line drawings decorate the recipes and black and white photographs illustrate gardening methods.

Time-Life Editorial Group. 1979. *Vegetables*. New York, Time-Life Books. 176 p.

This beautifully illustrated book is part of the series, "The Good Cook." The introduction features full-color paintings of various categories of vegetables, with general information on preparation. A chart shows monthly availability and appropriate cooking methods for about 50 vegetables. Then there is a series of chapters on the cooking methods (boiling, frying, braising, and baking). Color photographs illustrate step-by-step procedures for many vegetable dishes. Finally, there is a section of recipes arranged in botanical groups, from leafy vegetables and mushrooms to onion family and mixed vegetables. Many of the recipes are derived from other cookbooks, and all offer varied uses for favorite vegetables.

Woman's Day Editorial Group. 1980. *The Best Vegetables Recipes from Woman's Day*. Boston, Houghton Mifflin. 216 p.

This fine selection of recipes features vegetables in every possible way: soups, side dishes, salads, combined with pasta or meat for main dishes, and as desserts. Some recipes are old favorites, but many have an international flavor or present an unusual combination. They are arranged by category, so it is necessary to consult the index to find entries for a particular vegetable. There are no illustrations.

## FLOWERS

Clifton, Claire. 1984. *Edible Flowers*. New York, McGraw-Hill. 96 p.

After a brief history, directions are given for gathering, storing, and drying edible flowers. Recipes are arranged by category, including savory, sweet, spirits (wines and liqueurs), and teas. Most of the recipes are simple and derived from older books; some are not very precise. Delicate watercolor painting add interest to the text.

Crowhurst, Adrienne. 1973. *The Flower Cookbook*. New York, Lancer Books. 198 p., pap.

This volume covers a wide variety of flowers, both cultivated and wild. They appear in alphabetical order by common name. For each entry, there is a brief description and a selection of recipes. Most are illustrated by a rather crude silhouette drawing, but a center section of full-color paintings provides more accurate details for identification. A few recipes call for an unreasonable amount of ingredients (e.g., a quart of petals). Short sections at the end discuss drying flowers and making potpourri and cosmetics.

Diamond, Denise. 1982. *Living with the Flowers*. New York, Quill. 293 p., pap.

This large and beautifully illustrated book has chapters on gardening, crafts, cosmetics, and folklore. The section on cooking often features herb flowers, which would have the same flavor as the leaves. Other flowers are presented in a variety of recipes, often using natural ingredients.

Gordon, Jean. 1968. *The Art of Cooking with Roses*. New York, Walker and Co. 159 p.

One of the favorite edible flowers is thoroughly discussed in this volume. It is printed in appropriate rose-colored ink, with rose designs throughout. It also contains much information on roses and how to use them in cooking in several forms: rose water, extract, syrup, petals, and rose hips. Each section features many good recipes. Those with rose water or extract are the easiest and probably will have the best flavor.

Hanle, Zack. 1982. *Cooking with Flowers*. New York, Irena Chalmers Cookbooks, Inc. (sales: P.O. Box 322, Brown Summit, NC 27214). 48 p., pap.

This attractive little book considers 11 of the most popular flowers for cooking. Each chapter begins with a brief history of the flower, followed by a selection of recipes. Delightful line drawings appear on nearly every page. This volume provides an excellent introduction to flower cookery.

Hildebrand, June. 1980. Wild Fruits and Flowers. New York, Claremount Press. 85 p., pap.

A personal approach to wild foods is expressed by the author's recipes and her lovely block prints. Six edible flowers are included, with notes on history and folklore, as well as simple recipes. It is unusual to see information of cattails, whose flowers buds and pollen can be used as flour substitutes.

Smith, Leona Woodring. 1973. The Forgotten Art of Flower Cookery. New York, Harper and Row. 180 p.

My favorite flower cookbook provides an excellent discussion of 25 edible flowers. Each chapter begins with a few notes on the history, cultivation, and collection of the flower. Then there is a selection of good recipes. Although some flowers have limited uses, others (like marigolds) are adaptable to every course from appetizer to dessert. The book is illustrated throughout with line drawings.

Tillona, Francesca and Strowbridge, Cynthia. 1969. A Feast of Flowers. New York, Gramercy Publishing Co. 172 p.

Although a variety of flowers is considered in this book, it is not easy to find a recipe for a particular flower. The chapters deal with categories, such as beverage, salads, and desserts, each containing recipes for several different flowers. The recipes are interesting, but there is little information about the flowers. The attractive illustrations are taken from old herbals.







each fruit, they cover a wide range, from desserts to main dishes and preserves.

Gorman, Marion. 1983. *Cooking with Fruit*. Emmaus, PA, Rodale Press. 332 p.

This book starts with a table listing fruits and showing the different ways in which they can be used in cooking. The 33 major fruits are alphabetically arranged and illustrated by black and white photographs. Chapters and recipes have bold headings and the text is easy to read. Some chapters have additional information, like a chart showing apple varieties by season or photographs illustrating how to cut up a pineapple. For all fruits, there are interesting facts, including legend and folklore, plus notes on how to select and nutritional content. The recipes include all categories, even main dishes with meat or fish. Additional chapters consider unusual and exotic tropical fruits.

Grigson, Jane. 1982. *Jane Grigson's Fruit Book*. New York, Atheneum. 508 p.

Familiar and exotic fruits are arranged alphabetically. Each chapter starts with a brief history of the fruit, often including humorous, personal reminiscences, and advice on how to choose and prepare it. Then there is a selection of interesting recipes. Metric measurements are followed by more familiar cups and teaspoons, and English terms are translated in a glossary. This book appears a bit stuffy, but contains a lot of fascinating information.

Grigson, Jane. 1983. *The Mushroom Feast*. New York, Alfred A. Knopf. 305 p., pap.

This is an informative book for serious fanciers of mushrooms. The best edible varieties are described and illustrated by graceful line drawings. Recipes are divided into several chapters, some for mushrooms alone, others including fish or meat. There is a chapter devoted to Oriental mushrooms. Recipes are derived from many sources; some are simple and some complicated, but all provide interesting uses for mushrooms.

Janerico, Terence. 1986. *Fabulous Fruit Desserts*. Dublin, NH, Yankee Publishing, Inc. 296 p.

In this book, there are recipes for using all kinds of fruits in all kinds of desserts. The introduction offers hints for preparing and serving fruits (from apples to tangerines). Chapters are organized by type of dessert, including single fruits in sauces, combinations of several fruits, mousses, puddings, pies, and cakes. With this book, you'll never run out of inspiration for serving fruits.

Katz, Carol. 1980. *The Berry Cookbook*. New York, Butterick Publishing. 176 p., pap.

This volume provides recipes for those favorite summer fruits, strawberries, raspberries, and blueberries, plus less familiar ones, like currants, gooseberries, and elderberries. For each one there



of recipes, including many new ideas for soups, appetizers, and main dishes. Boldface titles and clear print make the recipes easy to read. There are no illustrations.

Tracy, Mirian. 1968. The Mushroom Cookbook. Garden City, NY, Doubleday. 100 p.

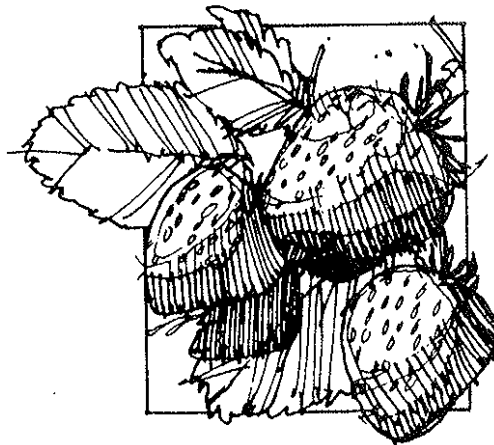
The brief introduction mentions the history of mushroom eating and gives a mild warning about the dangers involved. The rest of the book is devoted to a wide variety of recipes for appetizers, soups, main dishes, salads, and sauces featuring mushrooms. Nearly all recipes call for the common, cultivated variety, although others could be substituted.

Waldron, Maggie. 1977. Strawberries. San Francisco, 101 Productions. 96 p., pap.

A concise introduction to growing, picking, and eating delicious strawberries is presented in this small book. Recipes include several kinds of preserves, variations on "strawberries and cream," brunch dishes, salads, and desserts. Line drawings of strawberry flowers and fruits are scattered throughout the text.

Woodier, Olwen. 1984. The Apple Cookbook. Pownal, Garden Way Publishing (Schoolhouse Rd., RD 1, Box 105, Pownal, VT 05261). 156 p., pap.

Cut paper silhouettes decorate this book, which begins with a discussion of "apple facts:" history, descriptions of many varieties and their best uses, plus choosing and storing apples. Although there is a large section on desserts, other ideas for cooking with apples are offered. These include beverages, appetizers, salads, soups, main dishes, and breads. You'll find lots of new ways to serve nutritious and fiber-rich apples.





identify the items. The recipes provide ideas for all courses, from appetizers to main dishes and desserts. A table of contents lists the fruits and vegetables, then an index is arranged by category of recipes.

Marton, Beryl M. 1969. *The Complete Book of Salads*. New York, Random House. 275 p.

The introduction discusses basic salad ingredients and equipment. There are chapters on dressings, tossed salads, vinaigrette vegetables, molded salads, full-meal salads, and fruit salads. Unusual features are the chapters on salad snacks and typical salads from foreign countries. The recipes provide many interesting combinations of ingredients. Pencil sketches illustrate the title pages of chapters.

Methven, Barbara and Thoms, Sara Jean. 1981. *Microwaving Fruits & Vegetables*. Minnetonka, Publication Arts, Inc. (5700 Green Circle Drive, Minnetonka, MN 55343). 160 p.

This attractive and well-organized book is lavishly illustrated with color photographs. Vegetables and fruits are arranged alphabetically. Each chapter starts with general information for preparing and cooking the item, then offers a selection of recipes. A useful chart shows seasonal availability of fruits and vegetables. Just looking through this colorful book should inspire you to use your microwave oven for creative cooking with fresh produce.

Nathan, Amy. 1985. *Salad*. San Francisco, Chronicle Books. 199 p., pap.

Excellent photographs on glossy paper highlight this beautiful book. It starts with a glossary, which lists salad ingredients alphabetically by common name. Latin names are provided, plus folklore, history, and notes on choosing, cooking, and growing produce. A chapter on salad dressings gives information on vinegar, oils, and seasonings, including recipes. The main recipe section uses fruits and vegetables in salads, some combined with meat or seafood. Each one is illustrated by a full-page, color photograph. None of the recipes is complicated, but all are imaginative and attractive.

Schneider, Elizabeth. 1986. *Uncommon Fruits & Vegetables. A Commonsense Guide*. New York, Harper and Row. 546 p.

Here is the information you need to choose among the new Oriental vegetables, edible wild plants, tropical fruits, and unusual greens. Chapters are arranged alphabetically, from arugula to yuca. There is an illustration of each subject, then a well-written introduction, including history, personal notes, selection and storage, general use and preparation, and nutritional value. Finally, there are several recipes. A helpful index lists the recipes by category.

Scott, David and Byrne, Paddy. 1985. *Seasonal Salads from around the World*. Pownal, Storey Communications, Inc. (Schoolhouse Rd., RD 1, Box 105, Pownal, VT 05261). 153 p., pap.

An introductory section discusses equipment and dressings and offers

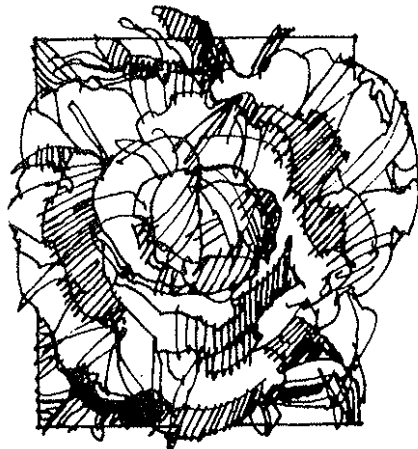
descriptions and notes on 38 fruits and vegetables. Many types of greens and lettuce are included under the heading of "leafy vegetables." There is also an alphabetical list of herbs and spices for seasoning salads. The main part of the book is divided into four sections by season of the year, featuring recipes with available produce. Salads range from very light to more hearty combinations with pasta, rice, or eggs.

Strauss, Sandra Conrad. 1984. *Fancy Fruits and Extraordinary Vegetables*. New York, Hastings House. 224 p.

Tropical, Oriental, and other unusual fruits and vegetables are featured in this book. Each chapter considers one item, such as jicama, coconut, papaya, or kiwi fruit, illustrated by a line drawing. There is a brief history, a description, and nutritional facts, followed by a good selection of recipes.

Uvezian, Sonia. 1977. *The Book of Salads*. San Francisco, 101 Productions. 168 p.

The first chapter of this well-designed book gives notes on salad ingredients, including herbs and spices. Recipes are organized as greens, all vegetable, vegetables combined with fruit or meat, all fruit, molded salads, and dressings. Each chapter has a variety of international recipes, illustrated by decorative pen and ink drawings.









Parker, Dorothy. 1987. *Fruit Desserts!* Freedom, The Crossing Press (Freedom, CA 95019). 175 p.

A variety of familiar and exotic fruits are considered in this volume. You'll find ideas for using carambolas and papayas, as well as apples and cranberries. Recipes range from quick mixtures of raw fruits to pies and cakes. Although simple, the recipes include new combinations of flavors that should entice anyone to try fruit desserts.

#### FRUITS AND VEGETABLES

Ballister, Barry. 1987. *Barry Ballister's Fruit and Vegetable Stand*. Woodstock, The Overlook Press (Lewis Hollow Rd., Woodstock, NY 12498). 455 p.

This comprehensive volume deals with many categories, such as garden vegetables, leafy green vegetables and salads, as well as individual items like apples, tomatoes, and winter squash. Each chapter has general information on history, selection, and use, with personal notes on the author's preferences. A complete nutritional chart is provided for each item and, of course, a variety of recipes.

Grigson, Jane and Knox, Charlotte. 1986. *Exotic Fruits & Vegetables*. New York, Henry Holt and Co. 128 p.

This guide to new or less familiar produce includes chayote, cherimoya, passionfruit, plantains, and more. It features beautiful, full-color paintings of each fruit or vegetable. Then there are a description, notes on origin and use, and a selection of recipes. The book was published originally in England, but American measurements are given in parentheses.

