



Healing Berries: 50 Wonderful Berries and How to Use Them in Health-giving Foods and Drinks

Kirsten Hartvig

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Berries are among the healthiest foods on the planet - and more and more people today are becoming aware of their miraculous health-giving properties. For centuries people all over the world have relied on them both as food and as medicine. Packed with goodness as well as flavour, they exude the freshness and romance of the great outdoors. Most berries are easy to store and use out of season: they can be dried, preserved with alcohol or sugar, or frozen, and most of us can now find a wide selection of berries in supermarkets and specialist healthfood stores. Every month, new research is published describing the health-giving properties of a well-known or recently discovered berry, and there is extensive literature to support the medicinal importance of a wide selection of species. This book is a celebration of the health-giving properties of berries, as well as a treasure-trove of fabulous ways to use them in your cooking. Renowned nutritionist and naturopath Kirsten Hartvig offers more than 100 recipes, from breakfasts and preserves to juices and liqueurs. Also included in the book are 10 detailed and fascinating profiles of the healthiest, most popular species - including açai, cranberry, blueberry and redcurrant - as well as a readable directory section covering a further 40 berries. This is a wonderful addition to the literature of healthy eating.

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