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~~Riconoscere le erbe
di campo~~ piante
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La guida tratta di un
ambito assai
particolare ma che ai
nostri tempi affascina

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numerose persone, e si rivolge a coloro che per curiosità, interesse o passione vogliono utilizzare il selvatico nella cucina quotidiana. Il libro approfondisce l'utilizzo delle specie alimentari spontanee che vegetano nel nostro Paese, dalla raccolta alla preparazione per la

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tavola, con particolare
attenzione agli aspetti
culinari e
gastronomici. Il tema
fa oggi tendenza e
l'ambito è noto agli
addetti ai lavori, dal
momento che la
pratica è frequentata
da tempo da diversi
chef stellati, in tutta
Europa e non solo. Il
titolo "cucina
quotidiana per tutti"

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significa però che il tema non è trattato dal punto di vista dell'alta cucina ma da quello "di casa", perché scopo della guida è di rivolgersi a tutti coloro che vogliono avvicinarsi a questo mondo, neofiti o già esperti. Gli autori non fanno il tifo per gli usi tradizionali o piuttosto per il

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discussioni sul
mangiare selvatico
vengono preferiti
consigli, indicazioni e
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sono ricche di
informazioni ma
anche di opportuni
inviti alla prudenza nel
maneggiare e
mangiare alimenti che
magari si conoscono
poco.

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Una guida completa
alla conoscenza delle
piante medicinali,
aromatiche e

velenose. 350 schede
consentono di
conoscere tutte le
piante officinali e le
loro proprietà. Il testo
è completato da 300
fotografie e 50 disegni
a colori. Dall'indice: le
piante officinali, ricette

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guida alla
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schede, le erbe dalla
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Per ogni pianta c'è
una breve descrizione

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le sono indicati: la diffusione e l'habitat, la raccolta e la conservazione, le proprietà terapeutiche, i sinonimi con cui è conosciuta.

Although fitness and health have similar properties, they are, in reality, two very different concepts.

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While health refers to the absence of diseases, fitness refers to the degree of body functioning and the ability of the body to handle physical demands. The more efficient the body functions, the higher the level of fitness. The higher the level of fitness, the greater the chance of the

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Spontanee

body being free of
diseases and
maintaining a healthy
state.

Conservarle

This book will be a
revelation for you,
here you will find all
you have never read
in a botanic or a
gardening book, all
you have never

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known - and never suspected - about seeds, herbs, flowers, vegetables, fruits, trees. The author tells their legendary origins, he recalls and recycles, for a large audience, episodes of the classic mythology, religious beliefs of the past, literary texts and traditions of ancient populations. You will

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discover that the first ones "tied like ivy" were the Etruscan pirates; that the aroma of the coffee was appreciated for the first time by goats not by men; that the pashas took the idea for their harems from the loves of the date palms; that Marathon, where Miltiades defied the Persians in

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a memorable battle,
derived its name from
a field of fennels. You
will discover that in
the history of plants
green is not the
predominant color. On
the contrary,
sometimes it is a
noir... when it is not
about a red light story!
1st edition: October
2003. 2nd edition:
October 2007. 3rd

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edition: May 2020.

Riconoscerle

A personal chef
monograph, and the
first book, from
globally-acclaimed
chef Ana Roš of Hiša
Franko in Slovenia
Set near the Italian
border in Slovenia's
remote Soča valley, in
the foothills of
mountains and beside
a turquoise river full of

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trout, Ana Roš tells the story of her life. Through essays, recollections, recipes, and photos, she shares the idyllic landscape that inspires her, the abundant seasonal ingredients from local foragers, the tales of fishing and exploring, and the evolution of her inventive and

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sophisticated food at
Hiša Franko - where
she has elevated
Slovenian food and
become influential in
the global culinary
landscape.

#BakeForSyria
started as an offshoot
of the very successful
#CookForSyria
campaign by Lily
Vanilli. This special

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edition cookbook will raise additional awareness and funds for the world's largest humanitarian crisis, with all profits going to UNICEF's Syria Relief Fund. This book is an amalgamation of stories and traditions around Syrian food from Syrian nationals and recipes from the restaurants,

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Contributors and chefs
headlining the
#BakeForSyria
campaign.

Conservarle

Aura Soma: Healing
Through Color, Plant,
and Crystal Energy, is
a natural healing
system using
multicolored oils
containing plant

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extracts and
essences to promote
self-healing on a
physical, mental or
spiritual level. This
book explains the
over 94 mesmerizing
bottles of colored oils
and tells how people
have discovered their
remarkable healing
powers, each color
variation of oil having
its own therapeutic

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effects. This wonderful method of vibrational healing was originated by a blind woman, Vicky Wall, in the '80s, and her message is carried on here by her loving students, Irene Dalichow and Mike Booth. Aura Soma is a holistic, nonintrusive therapy that not only treats physical and

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emotional symptoms,
but which also
revitalizes the human
aura. The demand for
Aura Soma oils is
increasing
phenomenally, with
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Riconoscerle,
cucinarle, conservarle
Guida alla cucina
selvatica quotidiana
per tutti. Erbe e frutti
spontanei: raccolta,
utilizzi e gastronomia.
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The Lamplighter Le
Radici Delle Piante
Ana Ros Bake for
Syria Recipe Book
The Plant of the
World Aura Soma

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Happen To A

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