



# The Farmers' Market Guide to Fruit: Selecting, Preparing & Cooking

*Jenni Fleetwood*

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Fabulous fruit from the garden or store to the table.

The Farmers' Market Guide to Fruit explores a wide range of individual fruits, from well-loved favorites like apples and strawberries to more exotic and unusual varieties such as carambolas and tamarillos.

Each fruit is discussed in detail, with a wealth of tips on selection and storage, invaluable nutrition information and simple preparation and cooking techniques. Seventy-five carefully chosen recipes, for both sweet and savory dishes, enable you to bring out the best in your chosen ingredient. Along with more than 60 full-color photographs, this book contains a detailed nutritional chart and a section dedicated to making fruity drinks.



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