

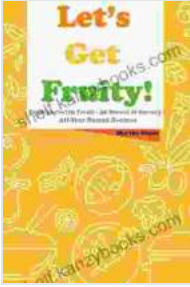
Let's Get Fruity: A Journey Into the Delicious World of Fruit



Let's Get Fruity!: Cooking with Fruit - 40 Sweet & Savory All-Year Round Recipes by Martha Stone

★★★★★ 5 out of 5

Language : English



File size	: 4464 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 142 pages
Lending	: Enabled



Prepare your taste buds for an extraordinary literary feast as we delve into the delectable realm of fruits. "Let's Get Fruity" is a captivating book that unlocks the secrets of these nature's candies, offering a tantalizing exploration of their origins, culinary uses, and nutritional wonders.

Chapter 1: A Trip Through Time: The History of Fruits

Join us on a journey through the annals of time as we trace the captivating history of fruits. From their humble beginnings in ancient civilizations to their global culinary prominence today, you'll discover the fascinating stories behind some of your favorite fruits.



Chapter 2: Around the Globe: Exploring Fruit Varieties

Embark on a culinary expedition around the world as we uncover the astonishing diversity of fruits. Each region offers unique flavors and textures, from the tropical wonders of the Our Book Library rainforest to the temperate delights of northern orchards.



Chapter 3: Sweet and Savory Delights: Culinary Inspirations

Let your imagination soar as we present a culinary symphony of fruit-infused dishes. From refreshing smoothies and vibrant salads to decadent desserts and savory creations, we'll explore the endless possibilities of incorporating fruits into your meals.



Chapter 4: The Power of Fruit: Nutrition and Health

Dive into the scientific realm as we unlock the nutritional secrets of fruits. Discover the richness of vitamins, minerals, and antioxidants that these nature's powerhouses offer. We'll explore how fruits can contribute to a healthier lifestyle.

Fruits

Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (DV) are
based on a diet of 2,000 calories daily.

Fruits	Calories	Cholesterol from Fat		Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		g	%DV										
Apple 1 medium (182 g)	130	0	0	0	260	34	5	25g	1g	2%	8%	2%	2%
Avocado 1 medium (149 g)	50	35	4.5	0	160	3	1	6g	1g	0%	4%	0%	2%
Banana 1 medium (117 g)	110	0	0	0	450	30	3	19g	1g	2%	15%	0%	2%
Cantaloupe 1 medium (474 g)	50	0	0	20	240	12	1	11g	1g	120%	80%	2%	2%
Grapefruit 1 medium (232 g)	60	0	0	0	160	15	2	17g	1g	15%	100%	4%	2%
Grapes 1 cup (151 g)	90	0	0	15	240	23	1	20g	0g	0%	2%	2%	0%
Honeydew Melon 1 medium (480 g)	50	0	0	30	210	12	1	11g	1g	2%	45%	2%	2%
Kiwifruit 1 medium (102 g)	90	10	1	0	450	20	4	13g	1g	2%	240%	4%	2%
Lemon 1 medium (124 g)	15	0	0	0	75	5	2	7g	0g	0%	40%	2%	0%
Lime 1 medium (64 g)	20	0	0	0	75	7	2	6g	0g	0%	15%	0%	0%
nectarine 1 medium (114 g)	60	5	0.5	0	250	15	3	11g	1g	8%	15%	0%	2%
Orange 1 medium (131 g)	80	0	0	0	250	39	3	14g	1g	2%	130%	4%	8%
Peach 1 medium (153 g)	60	0	0.5	0	230	15	2	13g	1g	4%	15%	0%	2%
Pear 1 medium (177 g)	100	0	0	0	190	26	4	16g	1g	0%	10%	2%	0%
Pineapple 1 medium (423 g)	50	0	0	10	120	33	1	10g	1g	2%	50%	2%	2%
Plums 1 medium (112 g)	70	0	0	0	230	19	2	16g	1g	8%	10%	6%	2%
Strawberries 1 cup (155 g)	50	0	0	0	170	11	2	8g	1g	0%	160%	2%	2%
Sweet Cherries 1 cup (155 g)	100	0	0	0	150	26	1	16g	1g	2%	13%	2%	2%
Tangerine 1 medium (113 g)	50	0	0	0	160	13	2	5g	1g	4%	45%	8%	0%
Watermelon 1 cup (227 g)	60	0	0	0	270	21	1	20g	1g	30%	25%	2%	4%

Most fruits provide negligible amounts of saturated fat, trans fat, and cholesterol. avocados provide 0.5 g of saturated fat per ounce.

U.S. Food and Drug Administration
December 2004

Chapter 5: Growing Your Own: Home Orchard

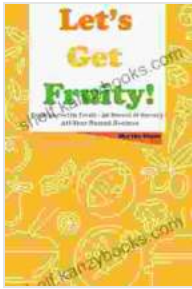
For those who yearn to cultivate their own fruit paradise, we provide a comprehensive guide to home orcharding. Learn the art of selecting the right varieties, preparing the soil, and nurturing your fruit trees to bear bountiful harvests.



"Let's Get Fruity" is more than just a book; it's an invitation to embrace the joy and abundance that fruits bring to our lives. Whether you're a seasoned fruit enthusiast or a newcomer to their delectable world, this literary adventure will tantalize your senses and inspire you to savor every bite.

Join us on this extraordinary journey into the delicious realm of fruit. "Let's Get Fruity" is now available at your favorite bookstore or online retailer.

Treat yourself to a mouthwatering adventure and discover the hidden treasures of the fruit kingdom.



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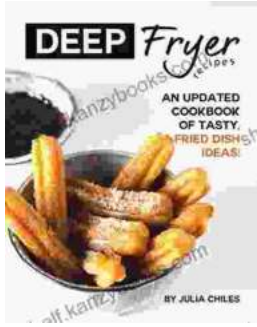
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