

The Triumph Of Seeds How Grains Nuts Kernels Pulses And Pips Conquered The Plant Kingdom And Shaped Human History

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The Ministry of Healing - Ellen G. White 1905

Bartholomew Quill - Thor Hanson 2016

"Acclaimed biologist and ornithologist Thor Hanson's first children's book is the story of Bartholomew Quill, a crow who's trying to figure out what he is. Rather than just a creation myth, it's a legend about biodiversity, identifying characteristics, and the clever and loveable crow. Rhythmic rhymes and a wide variety of Pacific Northwest wildlife make this a fun read-aloud for the whole family. Seattle artist Dana Arnim's watercolor and ink illustrations bring a sense of magic to the natural world."

From Poverty to Power - Duncan Green 2008

Offers a look at the causes and effects of poverty and inequality, as well as the possible solutions. This title features research, human stories, statistics, and compelling arguments. It discusses about the world we live in and how we can make it a better place.

The Impenetrable Forest - Thor Hanson 2014-10-24

Lying in the remote hills of southwest Uganda, Bwindi Impenetrable Forest harbors elephants, chimpanzees, monkeys, and half the world's population of endangered mountain gorillas. For two years, Thor Hanson called that forest home, working with local guides and trackers to develop an ecotourism program for the newly-formed Bwindi Impenetrable National Park. Thoroughly researched and beautifully told, Hanson's story blends natural history with cultural insight to place the forest and the gorillas in the context of modern Africa. The Impenetrable Forest offers a rare glimpse into the world of mountain gorillas, and the human cultures that surround them. A must-read for anyone interested in gorilla tracking, endangered species, or travel to Uganda.

How Not to Be Wrong - Jordan Ellenberg 2014-05-29

The columnist for Slate's popular "Do the Math" celebrates the logical, illuminating nature of math in today's world, sharing in accessible language mathematical approaches that demystify complex and everyday problems.

An Orchard Invisible - Jonathan Silvertown 2009-08-01

The story of seeds, in a nutshell, is a tale of evolution. From the tiny sesame that we sprinkle on our bagels to the forty-five-pound double coconut borne by the coco de mer tree, seeds are a perpetual reminder of the complexity and diversity of life on earth. With *An Orchard Invisible*, Jonathan Silvertown presents the oft-ignored seed with the natural history it deserves, one nearly as varied and surprising as the earth's flora itself. Beginning with the evolution of the first seed plant from fernlike ancestors more than 360 million years ago, Silvertown carries his tale through epochs and around the globe. In a clear and engaging style, he delves into the science of seeds: How and why do some lie dormant for years on end? How did seeds evolve? The wide variety of uses that humans have developed for seeds of all sorts also receives a fascinating look, studded with examples, including foods, oils, perfumes, and pharmaceuticals. An able guide with an eye for the unusual, Silvertown is happy to take readers on unexpected—but always interesting—tangents, from Lyme disease to human color vision to the Salem witch trials. But he never lets us forget that the driving force behind the story of seeds—its theme, even—is evolution, with its irrepressible habit of stumbling upon new solutions to the challenges of life. "I have great faith in a seed," Thoreau wrote. "Convince me that you have a seed there, and I am prepared to expect wonders." Written with a scientist's knowledge and a gardener's delight, *An Orchard Invisible* offers those wonders in a package that will be irresistible to science buffs and green thumbs alike.

The Carrier Bag Theory of Fiction - Ursula K. Le Guin 2019-11-04

In *The Carrier Bag Theory of Fiction*, visionary author Ursula K. Le Guin retells the story of human origin by redefining technology as a cultural carrier bag rather than a weapon of domination. Hacking the linear, progressive mode of the Techno-Heroic, the Carrier Bag Theory of human evolution proposes: 'before the tool that forces energy outward, we made the tool that brings energy home.' Prior to the preeminence of sticks, swords and the Hero's long, hard, killing tools, our ancestors' greatest invention was the container: the basket of wild oats, the medicine bundle, the net made of your own hair, the home, the shrine, the place that contains whatever is sacred. The recipient, the holder, the story. The bag of stars. This influential essay opens a portal to terra ignota: unknown lands where the possibilities of human experience and knowledge can be discovered anew. With a new introduction by Donna Haraway, the eminent cyberfeminist, author of the revolutionary *A Cyborg Manifesto* and most recently, *Staying with the Trouble* and *Manifestly Haraway*. With images by Lee Bul, a leading South Korean feminist artist who had a retrospective at London's Hayward Gallery in 2018.

The Butterfly Effect - Edward D. Melillo 2020-08-25

A fascinating, entertaining dive into the long-standing relationship between humans and insects, revealing the surprising ways we depend on these tiny, six-legged creatures. Insects might make us shudder in disgust, but they are also responsible for many of the things we take for granted in our daily lives. When we bite into a shiny apple, listen to the resonant notes of a violin, get dressed, receive a dental implant, or get a manicure, we are the beneficiaries of a vast army of insects. Try as we might to replicate their raw material (silk, shellac, and cochineal, for instance), our artificial substitutes have proven subpar at best, and at worst toxic, ensuring our interdependence with the insect world for the foreseeable future. Drawing on research in laboratory science, agriculture, fashion, and international cuisine, Edward D. Melillo weaves a vibrant world history that illustrates the inextricable and fascinating bonds between humans and insects. Across time, we have not only coexisted with these creatures but have relied on them for, among other things, the key discoveries of modern medical science and the future of the world's food supply. Without insects, entire sectors of global industry would grind to a halt and essential features of modern life would disappear. Here is a beguiling appreciation of the ways in which these creatures have altered—and continue to shape—the very framework of our existence.

The Triumph of Seeds - Thor Hanson 2015-03-24

"The genius of Hanson's fascinating, inspiring, and entertaining book stems from the fact that it is not about how all kinds of things grow from seeds; it is about the seeds themselves." --Mark Kurlansky, New York Times Book Review We live in a world of seeds. From our morning toast to the cotton in our clothes, they are quite literally the stuff and staff of life: supporting diets, economies, and civilizations around the globe. Just as the search for nutmeg and pepper drove the Age of Discovery, coffee beans fueled the Enlightenment and cottonseed sparked the Industrial Revolution. Seeds are fundamental objects of beauty, evolutionary wonders, and simple fascinations. Yet, despite their importance, seeds are often seen as commonplace, their extraordinary natural and human histories overlooked. Thanks to this stunning new book, they can be overlooked no more. This is a book of knowledge, adventure, and wonder, spun by an award-winning writer with both the charm of a fireside story-teller and the hard-won expertise of a field biologist. A fascinating scientific adventure, it is essential reading for anyone who loves to see a plant grow.

The Triumph of Seeds - Thor Hanson 2015-03-24

We live in a world of seeds. From our morning toast to the cotton in our clothes, they are quite literally the stuff and staff of life, supporting diets, economies, and civilizations around the globe. Just as the search for nutmeg and the humble peppercorn drove the Age of Discovery, so did coffee beans help fuel the Enlightenment, and cottonseed help spark the Industrial Revolution. And from the Fall of Rome to the Arab Spring, the fate of nations continues to hinge on the seeds of a Middle Eastern grass known as wheat. In nature and in culture, seeds are fundamental—objects of beauty, evolutionary wonder, and simple fascination. How many times has a child dropped the winged pip of a maple, marveling as it spirals its way down to the ground, or relished the way a gust of wind (or a stout breath) can send a dandelion's feathery flotilla skyward? Yet despite their importance, seeds are often seen as a commonplace, their extraordinary natural and human histories overlooked. Thanks to Thor Hanson and this stunning new book, they can be overlooked no more. What makes *The Triumph of Seeds* remarkable is not just that it is informative, humane, hilarious, and even moving, just as what makes seeds remarkable is not simply their fundamental importance to life. In both cases, it is their sheer vitality and the delight that we can take in their existence—the opportunity to experience, as Hanson puts it, “the simple joy of seeing something beautiful, doing what it is meant to do.” Spanning the globe from the Raccoon Shack—Hanson's backyard writing hideout-cum-laboratory—to the coffee shops of Seattle, from gardens and flower patches to the spice routes of Kerala, this is a book of knowledge, adventure, and wonder, spun by an award-winning writer with both the charm of a fireside story-teller and the hard-won expertise of a field biologist. A worthy heir to the grand tradition of Aldo Leopold and Bernd Heinrich, *The Triumph of Seeds* takes us on a fascinating scientific adventure through the wild and beautiful world of seeds. It is essential reading for anyone who loves to see a plant grow.

4000 Years of Christmas - Earl Wendel Count 1997

A detailed look at the origins of Christmas celebrations ranges from before Jesus's birth and includes Rome's pagan Saturnalia customs, the Druids burning of Yule logs and their use of mistletoe to appease the gods, Saint Nicholas, and many other myths and traditions that will fascinate and delight readers. IP.

The Ultimate Guide to the Daniel Fast - Kristen Feola 2010-12-21

The Ultimate Guide to the Daniel Fast is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that “to fast” means “to feast” on the only thing that truly nourishes? God's powerful Word. For more info, please visit www.ultimatedanielfast.com.

At Home on this Earth - Lorraine Anderson 2002

The first chronological presentation of U.S. nature writing by key women authors of the last two centuries.

The Seed Garden - Lee Buttala 2015-05-04

Winner of the American Horticultural Society Award for Excellence In Garden Book Publishing Winner of the Silver Medal for Best Reference from the Garden Writer's Association Filled with advice for the home gardener and the more seasoned horticulturist alike, *The Seed Garden: The Art and Practice of Seed Saving* provides straightforward instruction on collecting seed that is true-to-type and ready for sowing in next year's garden. In this comprehensive book, Seed Savers Exchange, one of the foremost American authorities on the subject, and the Organic Seed Alliance bring together decades of knowledge to demystify the time-honored tradition of saving the seed of more than seventy-five coveted vegetable and herb crops—from heirloom tomatoes and long-favored varieties of beans, lettuces, and cabbages to centuries-old varieties of peppers and grains. With clear instructions, lush photographs, and easy-to-comprehend profiles on individual vegetable crops, this book not only teaches us how to go about conserving these important varieties for future generations and for planting out in next year's garden, it also provides a deeper understanding of the importance of saving these genetically valuable varieties of vegetables that have evolved over the centuries through careful selection by farmers and home gardeners.

Through simple lessons and master classes on crop selection, pollination, roguing, and the processes of harvesting and storing seeds, this book ensures that these time-honored traditions can continue. Many of these vegetable varieties are treasured for traits that are singular to their strain, whether that is a resistance to disease, an ability to grow well in a region for which that crop is not typically well suited, resistance to early bolting, or simply because it is a great-tasting variety. In an age of genetically modified crops and hybrid seed, a growing appreciation for saving seeds of these time-tested, open-pollinated cultivars has found a new audience from home vegetable gardeners and cooks to restaurant chefs and local farmers. Whether interested in simply saving seeds for home use or working to conserve rare varieties of beloved squashes and tomatoes, this book provides a deeper understanding of the art, the science, and the joy of saving seeds.

Hurricane Lizards and Plastic Squid - Thor Hanson 2021-09-28

*A New York Times Editor's Choice pick *Shortlisted for the 2022 Pacific Northwest Book Awards A beloved natural historian explores how climate change is driving evolution In *Hurricane Lizards and Plastic Squid*, biologist Thor Hanson tells the remarkable story of how plants and animals are responding to climate change: adjusting, evolving, and sometimes dying out. Anole lizards have grown larger toe pads, to grip more tightly in frequent hurricanes. Warm waters cause the development of Humboldt squid to alter so dramatically that fishermen mistake them for different species. Brown pelicans move north, and long-spined sea urchins south, to find cooler homes. And when coral reefs sicken, they leave no territory worth fighting for, so aggressive butterfly fish transform instantly into pacifists. A story of hope, resilience, and risk, *Hurricane Lizards and Plastic Squid* is natural history for readers of Bernd Heinrich, Robin Wall Kimmerer, and David Haskell. It is also a reminder of how unpredictable climate change is as it interacts with the messy lattice of life.

Guns, Germs, and Steel: The Fates of Human Societies (20th Anniversary Edition) - Jared Diamond 2017-03-07

"Fascinating.... Lays a foundation for understanding human history."—Bill Gates In this "artful, informative, and delightful" (William H. McNeill, *New York Review of Books*) book, Jared Diamond convincingly argues that geographical and environmental factors shaped the modern world. Societies that had had a head start in food production advanced beyond the hunter-gatherer stage, and then developed religion --as well as nasty germs and potent weapons of war --and ventured on sea and land to conquer and decimate preliterate cultures. A major advance in our understanding of human societies, *Guns, Germs, and Steel* chronicles the way that the modern world came to be and stunningly dismantles racially based theories of human history. Winner of the Pulitzer Prize, the Phi Beta Kappa Award in Science, the Rhone-Poulenc Prize, and the Commonwealth club of California's Gold Medal.

The Daniel Fast - Nicola McFadden 2020-12-23

The Daniel Fast is a widely used intermittent fast, based on the Biblical book of Daniel. The Daniel Fast requires a strict 21-day ad libitum healthy diet period, including the withdrawal of meat, sweets, and preservatives, while indulging in fruits, vegetables, whole grains, legumes, nuts, and seeds. This book will inspire and equip you with Daniel Fast' wisdom, tutor you, and set you on fire with a realistic and robust plan for your breakthrough. It guides you to rethink fasting and prayers using scriptures to evaluate the Daniel Fast. It provides you with six essential components (Daniel's story, determination, diet, development, duration of the intermittent fast, and fervent prayers). It helps you to participate effectively and achieve your individual holistic wellness goals. Because Daniel Fast is only a 21-day experience, but, your purpose is for a lifetime, your transition needs a lifestyle change. You will gain a new perspective on the Daniel Fast integrated with the 4C Chayah Transformation Model for continuous spiritual growth and self-development in your wellness, a roadmap for the 21-day adventure, and a lifetime relationship with God. It includes useful tools to equip your Daniel Fast experience with self-assessment, self-reflection journals, habit trackers, and planners. You can't manage and change what you don't measure and sustain! Are you prepared for that which you are praying? This kind comes out only by prayer and fasting to break chains, generational curses, corruptions, and set captives free. (Mark 9:29, Isaiah 58:6). We must believe in God; our faith pleases Him. This book provides you with a 21-Day GAP series of fervent prayers, affirmations, and scriptures declarations. It empowers your faith, wellness, wisdom, courage, character transformation, spiritual warfare, divine breakthroughs, and mind-blowing miracles. God has a divine strategy for you to win your battle; when it looks like it's too late, God says, I have a

plan to close your GAP! I am Nicola McFadden, a Daniel Fast Enthusiast, the Founder of Nikimac Solutions Inc., the Visionary behind the ministry, U Power Up, Life Happens; Stay Strong. I am a widely sought-after transformation strategist, leadership coach, empowerment speaker, and bestselling author. I help organizations, leaders, teams, and individuals transform, despite the complexities of the crisis, or change solutions, to achieve their vision. I build social learning communities, connect people, and empower them to live, lead, learn, and love like Jesus, leaving a legacy. I support and equip legends of faith in the life transformation community, Chayah (<https://chayah.club/>), while in Mastermind Cafe (<https://mastermindcafe.ca/>), I educate and coach a new generation of future leaders in servant leadership. My why? And what's in it for you? Inspiring you to live a purposeful and "choiceful" life, so you choose to live fully, and Chayah!

The Natural History of Pollination - Michael Proctor 1996

This is a brand new, fully updated edition of the natural history classic first published in 1973 as *The Pollination of Flowers*. The importance of insects in pollinating flowers is today so well known it is easy to forget that it was discovered little more than two centuries ago: before that, it was believed that the concern of bees with flowers was simply a matter of collecting honey. But the methods by which pollen reaches the female flower, enabling fertilisation and seed production to take place, include some of the most varied and fascinating mechanisms in the natural world. *The Natural History of Pollination* describes all the ways in which pollination is brought about: by wind, water, birds, bats and even mice and rats; but principally by a great diversity of insects in an amazing range of ways, some simple, some bizarre. This book is a unique introduction to a complex yet easily accessible subject of great fascination.

Fruit from the Sands - Robert N. Spengler 2020-09-22

"A comprehensive and entertaining historical and botanical review, providing an enjoyable and cognitive read."—*Nature* The foods we eat have a deep and often surprising past. From almonds and apples to tea and rice, many foods that we consume today have histories that can be traced out of prehistoric Central Asia along the tracks of the Silk Road to kitchens in Europe, America, China, and elsewhere in East Asia. The exchange of goods, ideas, cultural practices, and genes along these ancient routes extends back five thousand years, and organized trade along the Silk Road dates to at least Han Dynasty China in the second century BC. Balancing a broad array of archaeological, botanical, and historical evidence, *Fruit from the Sands* presents the fascinating story of the origins and spread of agriculture across Inner Asia and into Europe and East Asia. Through the preserved remains of plants found in archaeological sites, Robert N. Spengler III identifies the regions where our most familiar crops were domesticated and follows their routes as people carried them around the world. With vivid examples, *Fruit from the Sands* explores how the foods we eat have shaped the course of human history and transformed cuisines all over the globe.

The Prison - R. Patrick Gates 2004

In this haunting tale of terror set at a prison that was formerly an asylum for the mentally ill, the spirits of the dead patients, possessing the bodies of the inmates, seek restitution for the inhumane "therapy" treatments they received years before. Original.

World Peace Diet, the (Tenth Anniversary Edition) - Tuttle Will 2016

New Tenth Anniversary Edition What is so simple as eating an apple? And yet, what could be more sacred or profound? Food is our most intimate and telling connection both with the natural order and with our cultural heritage. But it is increasingly clear that the choices we make about food today are leading to environmental degradation, enormous human health problems, and unimaginable cruelty toward our fellow creatures. *The World Peace Diet* presents the outlines of a more empowering understanding of our world, based on comprehending the far-reaching implications of our food choices. Incorporating systems theory, teachings from mythology and religions, and the human sciences, Will Tuttle offers a set of universal principles for all people of conscience, from any religious tradition, that show how we as a species can move our consciousness forward—allowing us to become more free, more intelligent, more loving, and happier in the choices we make. Since it was published in 2005, *The World Peace Diet* and author Will Tuttle have reached hundreds of thousands of people around the globe and created a whole new movement of people making a conscious connection with a healthful diet and cruelty-free living, and committing spiritually, psychologically, and socially to nonviolence and genuine sustainability. This tenth anniversary edition contains a new foreword, new resources (including recipes), and a study guide.

Stalin and the Scientists - Simon Ings 2017-02-21

Scientists throughout history, from Galileo to today's experts on climate change, have often had to contend with politics in their pursuit of knowledge. But in the Soviet Union, where the ruling elites embraced, patronized, and even fetishized science like never before, scientists lived their lives on a knife edge. The Soviet Union had the best-funded scientific establishment in history. Scientists were elevated as popular heroes and lavished with awards and privileges. But if their ideas or their field of study lost favor with the elites, they could be exiled, imprisoned, or murdered. And yet they persisted, making major contributions to 20th century science. *Stalin and the Scientists* tells the story of the many gifted scientists who worked in Russia from the years leading up to the Revolution through the death of the "Great Scientist" himself, Joseph Stalin. It weaves together the stories of scientists, politicians, and ideologues into an intimate and sometimes horrifying portrait of a state determined to remake the world. They often wreaked great harm. Stalin was himself an amateur botanist, and by falling under the sway of dangerous charlatans like Trofim Lysenko (who denied the existence of genes), and by relying on antiquated ideas of biology, he not only destroyed the lives of hundreds of brilliant scientists, he caused the death of millions through famine. But from atomic physics to management theory, and from radiation biology to neuroscience and psychology, these Soviet experts also made breakthroughs that forever changed agriculture, education, and medicine. A masterful book that deepens our understanding of Russian history, *Stalin and the Scientists* is a great achievement of research and storytelling, and a gripping look at what happens when science falls prey to politics.

Seedfolks - Paul Fleischman 2013-07-30

ALA Best Book for Young Adults • School Library Journal Best Book • Publishers Weekly Best Book • IRA/CBC Children's Choice • NCTE Notable Children's Book in the Language Arts A Vietnamese girl plants six lima beans in a Cleveland vacant lot. Looking down on the immigrant-filled neighborhood, a Romanian woman watches suspiciously. A school janitor gets involved, then a Guatemalan family. Then muscle-bound Curtis, trying to win back Lateesha. Pregnant Maricela. Amir from India. A sense of community sprouts and spreads. Newbery-winning author Paul Fleischman uses thirteen speakers to bring to life a community garden's founding and first year. The book's short length, diverse cast, and suitability for adults as well as children have led it to be used in countless one-book reads in schools and in cities across the country. *Seedfolks* has been drawn upon to teach tolerance, read in ESL classes, promoted by urban gardeners, and performed in schools and on stages from South Africa to Broadway. The book's many tributaries—from the author's immigrant grandfather to his adoption of two brothers from Mexico—are detailed in his forthcoming memoir, *No Map, Great Trip: A Young Writer's Road to Page One*. "The size of this slim volume belies the profound message of hope it contains." —*Christian Science Monitor* And don't miss *Joyful Noise: Poems for Two Voices*, the Newbery Medal-winning poetry collection!

Becoming a Good Creature - Sy Montgomery 2020

"A luxe, full color picture book adaptation of Sy Montgomery and Rebecca Green's New York Times bestselling *How to Be a Good Creature*"--

Diet for a Small Planet - Frances Moore Lappé 2010-12-08

The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty-first century. Sharing her personal evolution and how this groundbreaking book changed her own life, world-renowned food expert Frances Moore Lappé offers an all-new, even more fascinating philosophy on changing yourself—and the world—by changing the way you eat. *The Diet for a Small Planet* features: • simple rules for a healthy diet • streamlined, easy-to-use format • food combinations that make delicious, protein-rich meals without meat • indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks • hundreds of wonderful recipes

American Eden: David Hosack, Botany, and Medicine in the Garden of the Early Republic - Victoria Johnson 2018-06-05

Finalist for the 2018 National Book Award for Nonfiction A New York Times Editors' Choice Selection The untold story of Hamilton's—and Burr's—personal physician, whose dream to build America's first botanical garden inspired the young Republic. On a clear morning in July 1804, Alexander Hamilton stepped onto a boat at the edge of the Hudson River. He was bound for a New Jersey dueling ground to settle his bitter dispute with Aaron Burr. Hamilton took just two men with him: his

“second” for the duel, and Dr. David Hosack. As historian Victoria Johnson reveals in her groundbreaking biography, Hosack was one of the few points the duelists did agree on. Summoned that morning because of his role as the beloved Hamilton family doctor, he was also a close friend of Burr. A brilliant surgeon and a world-class botanist, Hosack—who until now has been lost in the fog of history—was a pioneering thinker who shaped a young nation. Born in New York City, he was educated in Europe and returned to America inspired by his newfound knowledge. He assembled a plant collection so spectacular and diverse that it amazes botanists today, conducted some of the first pharmaceutical research in the United States, and introduced new surgeries to America. His tireless work championing public health and science earned him national fame and praise from the likes of Thomas Jefferson, James Madison, Alexander von Humboldt, and the Marquis de Lafayette. One goal drove Hosack above all others: to build the Republic’s first botanical garden. Despite innumerable obstacles and near-constant resistance, Hosack triumphed when, by 1810, his Elgin Botanic Garden at last crowned twenty acres of Manhattan farmland. “Where others saw real estate and power, Hosack saw the landscape as a pharmacopoeia able to bring medicine into the modern age” (Eric W. Sanderson, author of *Mannahatta*). Today what remains of America’s first botanical garden lies in the heart of midtown, buried beneath Rockefeller Center. Whether collecting specimens along the banks of the Hudson River, lecturing before a class of rapt medical students, or breaking the fever of a young Philip Hamilton, David Hosack was an American visionary who has been too long forgotten. Alongside other towering figures of the post-Revolutionary generation, he took the reins of a nation. In unearthing the dramatic story of his life, Johnson offers a lush depiction of the man who gave a new voice to the powers and perils of nature.

Whole Grain Sourdough at Home - Elaine Boddy 2020-09-08

Make Delicious, Whole Grain Bread with Minimal Kneading Baking a loaf of beautiful crusty bread can be intimidating for beginners, especially when you want to include nutrient-dense whole wheat flour and other ancient grains that are famously harder to work with. Elaine Boddy is here to help. She has spent many years honing the science and art of baking bread with whole grains in her home kitchen. In *Whole Grain Sourdough at Home*, she shares all of her secrets with you. Elaine’s master recipe and philosophy for bread making are all about simplicity, flexibility and having fun. Sourdough does not have to be complicated or require a lot of hands-on work to be great. With one bowl, a handful of simple ingredients, minimal kneading and less than 24 hours, you can have a loaf of delicious whole grain sourdough bread on the table. Elaine has mastered the unique nuances of nutrient-dense flours like whole wheat, einkorn, spelt and rye to create a variety of lovely breads—no dense whole wheat bricks here! Packed with a step-by-step sourdough starter guide, plenty of tips and 60 recipes for everything from sandwich loaves to focaccia, this book gives you everything you need to bake amazing whole grain bread today, tomorrow and beyond.

We Are What We Eat - Alice Waters 2022-06-07

From chef and food activist Alice Waters, an impassioned plea for a radical reconsideration of the way each and every one of us cooks and eats In *We Are What We Eat*, Alice Waters urges us to take up the mantle of slow food culture, the philosophy at the core of her life’s work. When Waters first opened *Chez Panisse* in 1971, she did so with the intention of feeding people good food during a time of political turmoil. Customers responded to the locally sourced organic ingredients, to the dishes made by hand, and to the welcoming hospitality that infused the small space—human qualities that were disappearing from a country increasingly seduced by takeout, frozen dinners, and prepackaged ingredients. Waters came to see that the phenomenon of fast food culture, which prioritized cheapness, availability, and speed, was not only ruining our health, but also dehumanizing the ways we live and relate to one another. Over years of working with regional farmers, Waters and her partners learned how geography and seasonal fluctuations affect the ingredients on the menu, as well as about the dangers of pesticides, the plight of fieldworkers, and the social, economic, and environmental threats posed by industrial farming and food distribution. So many of the serious problems we face in the world today—from illness, to social unrest, to economic disparity, and environmental degradation—are all, at their core, connected to food. Fortunately, there is an antidote. Waters argues that by eating in a “slow food way,” each of us—like the community around her restaurant—can be empowered to prioritize and nurture a different kind of culture, one that champions values such as biodiversity, seasonality, stewardship, and pleasure in work. This is a declaration of action against fast food values,

and a working theory about what we can do to change the course. As Waters makes clear, every decision we make about what we put in our mouths affects not only our bodies but also the world at large—our families, our communities, and our environment. We have the power to choose what we eat, and we have the potential for individual and global transformation—simply by shifting our relationship to food. All it takes is a taste.

The Secret Life of Groceries - Benjamin Lorr 2020-09-08

In the tradition of *Fast Food Nation* and *The Omnivore's Dilemma*, an extraordinary investigation into the human lives at the heart of the American grocery store What does it take to run the American supermarket? How do products get to shelves? Who sets the price? And who suffers the consequences of increased convenience and efficiency? In this alarming exposé, author Benjamin Lorr pulls back the curtain on this highly secretive industry. Combining deep sourcing, immersive reporting, and compulsively readable prose, Lorr leads a wild investigation in which we learn: • The secrets of Trader Joe’s success from Trader Joe himself • Why truckers call their job “sharecropping on wheels” • What it takes for a product to earn certification labels like “organic” and “fair trade” • The struggles entrepreneurs face as they fight for shelf space, including essential tips, tricks, and traps for any new food business • The truth behind the alarming slave trade in the shrimp industry The result is a page-turning portrait of an industry in flux, filled with the passion, ingenuity, and exploitation required to make this everyday miracle continue to function. The product of five years of research and hundreds of interviews across every level of the industry, *The Secret Life of Groceries* delivers powerful social commentary on the inherently American quest for more and the social costs therein.

The Roots of My Obsession - Thomas C. Cooper 2012-10-02

Why do you garden? For fun? Work? Food? The reasons to garden are as unique as the gardener. *The Roots of My Obsession* features thirty essays from the most vital voices in gardening, exploring the myriad motives and impulses that cause a person to become a gardener. For some, it’s the quest to achieve a personal vision of ultimate beauty; for others, it’s a mission to heal the earth, or to grow a perfect peach. The essays are as distinct as their authors, and yet each one is direct, engaging, and from the heart. For Doug Tallamy, a love of plants is rooted first in a love of animals: “animals with two legs (birds), four legs (box turtles, salamanders, and foxes), six legs (butterflies and beetles), eight legs (spiders), dozens of legs (centipedes), hundreds of legs (millipedes), and even animals with no legs (snakes and pollywogs).” For Rosalind Creasy, it’s “not the plant itself; it’s how you use it in the garden.” And for Sydney Eddison, the reason has changed throughout the years. Now, she “gardens for the moment.” As you read, you may find yourself nodding your head in agreement, or gasping in disbelief. What you’re sure to encounter is some of the best writing about the gardener’s soul ever to appear. For anyone who cherishes the miracle of bringing forth life from the soil, *The Roots of My Obsession* is essential inspiration.

Semiosis - Sue Burke 2018-02-06

Human survival hinges on an bizarre alliance in *Semiosis*, a character driven science fiction novel of first contact by debut author Sue Burke. 2019 Campbell Memorial Award Finalist 2019 Locus Finalist for Best Science Fiction Novel Locus 2018 Recommended Reading List New York Public Library—Best of 2018 Forbes—Best Science Fiction Books of 2019-2019 The Verge—Best of 2018 Thrillist—Best Books of 2018 Vulture—10 Best Sci-Fi and Fantasy Books of 2018 Chicago Review of Books—The 10 Best Science Fiction Books of 2018 Texas Library Association—Lariat List Top Books for 2019 Colonists from Earth wanted the perfect home, but they’ll have to survive on the one they found. They don’t realize another life form watches...and waits... Only mutual communication can forge an alliance with the planet’s sentient species and prove that humans are more than tools. At the Publisher’s request, this title is being sold without Digital Rights Management Software (DRM) applied.

Born to Run - Christopher McDougall 2011-03-29

NATIONAL BESTSELLER • The astonishing and hugely entertaining story that completely changed the way we run. An epic adventure that began with one simple question: Why does my foot hurt? “Equal parts quest, physiology treatise, and running history.... The climactic race reads like a sprint.... It simply makes you want to run.” —*Outside Magazine* Isolated by Mexico’s deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at

Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run. Look for *Born to Run 2*, coming in December!

How Not to Be Eaten - Gilbert Waldbauer 2021-04-06

"At times this informative book turns wonderfully gross and lovely, reminding us that there's an entire universe of largely unnoticed creatures all around us."—Audubon All animals must eat. But who eats who, and why, or why not? Because insects outnumber and collectively outweigh all other animals combined, they comprise the largest amount of animal food available for potential consumption. How do they avoid being eaten? From masterful disguises to physical and chemical lures and traps, predatory insects have devised ingenious and bizarre methods of finding food. Equally ingenious are the means of hiding, mimicry, escape, and defense waged by prospective prey in order to stay alive. This absorbing book demonstrates that the relationship between the eaten and the eater is a central—perhaps the central—aspect of what goes on in the community of organisms. By explaining the many ways in which insects avoid becoming a meal for a predator, and the ways in which predators evade their defensive strategies, Gilbert Waldbauer conveys an essential understanding of the unrelenting coevolutionary forces at work in the world around us.

The Gardener's Botanical - Ross Bayton 2020-03-10

The definitive guide to botanical Latin Unlock the secrets of botanical Latin with this beautifully illustrated encyclopedia. *The Gardener's Botanical* contains definitions of more than 5,000 plant names—from abbreviatus ("shortened") to zonatus ("with bands")—along with more than 350 color illustrations. Scientific plant names are an invaluable tool for those who understand them. Formed from Greek and, more commonly, from Latin root words, not only do they make it possible for gardeners and botanists to communicate, they also contain a wealth of hidden information. *The Gardener's Botanical* is the key to unlocking these secrets. This guide contains a breathtaking array of botanical names in alphabetical order. Each word is listed with a pronunciation guide, definition, example plant, and, where appropriate, etymology. Also included in this illuminating guide are special features on important plant genera, fact boxes, essays focusing on the history and importance of Latin names and botanical illustrations, and an index of common names with more than 2,000 popular plants, cross-referenced with their binomial name in Latin.

A Field Guide to Buying Organic - Luddene Perry 2008-11-12

The definitive guide to healthful, affordable food shopping in the Organic Age—from a pioneer in the organic movement What does it really mean when a food is labeled organic? While many of us believe there are good reasons to buy organic, what exactly are they? The authors of this indispensable handbook sift fact from fiction to help you make informed decisions that are right for you. Here is everything you need to know, including when paying more for organic is worth it—and when it's not. *A Field Guide to Buying Organic* provides you with: ·Self-tests to determine your current organic-shopping habits—and the type of organic shopper you want to become ·A primer on organic food standards, labels, and seals ·Health and quality comparisons of organically grown versus conventionally grown produce ·An aisle-by-aisle supermarket guide to information about the most popular organic produce, dairy, meat and poultry, baked goods, nuts, seeds, grains, convenience foods, and drinks ·The truth about pesticides, hormones, genetically modified foods (GMOs), toxins, and bacteria ...Plus illustrations featuring product logos and contact information, and a fascinating overview of the evolution of organics

Entangled - Ian Hodder 2012-05-08

A powerful and innovative argument that explores the complexity of the human relationship with material things, demonstrating how humans and societies are entrapped into the maintenance and sustaining of material worlds Argues that the interrelationship of humans and things is a defining characteristic of human history and culture Offers a nuanced argument that values the physical processes of things without succumbing to materialism Discusses historical and modern examples, using evolutionary theory to show how long-standing entanglements are

irreversible and increase in scale and complexity over time Integrates aspects of a diverse array of contemporary theories in archaeology and related natural and biological sciences Provides a critical review of many of the key contemporary perspectives from materiality, material culture studies and phenomenology to evolutionary theory, behavioral archaeology, cognitive archaeology, human behavioral ecology, Actor Network Theory and complexity theory

The Plant Hunter - Cassandra Leah Quave 2022-06-14

The uplifting, adventure-filled memoir of one groundbreaking scientist's quest to develop new ways to fight illness and disease through the healing powers of plants. "A fascinating and deeply personal journey." - —Amy Stewart, author of *Wicked Plants* and *The Drunken Botanist* Traveling by canoe, ATV, mule, airboat, and on foot, Dr. Cassandra Quave has conducted field research everywhere from the flooded forests of the remote Amazon to the isolated mountaintops in Albania and Kosovo—all in search of natural compounds, long-known to traditional healers, that could help save us all from the looming crisis of untreatable superbugs. Dr. Quave is a leading medical ethnobotanist—someone who identifies and studies plants that may be able to treat antimicrobial resistance and other threatening illnesses—helping to provide clues for the next generation of advanced medicines. And as a person born with multiple congenital defects of her skeletal system, she's done it all with just one leg. In *The Plant Hunter*, Dr. Quave weaves together science, botany, and memoir to tell us the extraordinary story of her own journey.

Feathers - Thor Hanson 2011-05-31

Feathers are an evolutionary marvel: aerodynamic, insulating, beguiling. They date back more than 100 million years. Yet their story has never been fully told. In *Feathers*, biologist Thor Hanson details a sweeping natural history, as feathers have been used to fly, protect, attract, and adorn through time and place. Applying the research of paleontologists, ornithologists, biologists, engineers, and even art historians, Hanson asks: What are feathers? How did they evolve? What do they mean to us? Engineers call feathers the most efficient insulating material ever discovered, and they are at the root of biology's most enduring debate. They silence the flight of owls and keep penguins dry below the ice. They have decorated queens, jesters, and priests. And they have inked documents from the Constitution to the novels of Jane Austen. *Feathers* is a captivating and beautiful exploration of this most enchanting object.

Seed Biology and Yield of Grain Crops, 2nd Edition - Dennis B Egli 2017-02-23

This new edition of an established title examines the determination of grain crop yield from a unique perspective, by concentrating on the influence of the seed itself. As the food supply for an expanding world population is based on grain crops harvested for their seeds, understanding the process of seed growth and its regulation is crucial to our efforts to increase production and meet the needs of that population. Yield of grain crops is determined by their assimilatory processes such as photosynthesis and the biosynthetic processes in the seed, which are partly regulated within the seed itself. Substantially updated with new research and further developments of the practical applications of the concepts explored, this book is essential reading for those concerned with seed science and crop yield, including agronomists, crop physiologists, plant breeders, and extension workers. It is also a valuable source of information for lecturers and graduate students of agronomy and plant physiology.

Buzz - Thor Hanson 2018-07-10

As seen on PBS's *American Spring LIVE*, the award-winning author of *The Triumph of Seeds* and *Feathers* presents a natural and cultural history of bees: the buzzing wee beasties that make the world go round. Bees are like oxygen: ubiquitous, essential, and, for the most part, unseen. While we might overlook them, they lie at the heart of relationships that bind the human and natural worlds. In *Buzz*, the beloved Thor Hanson takes us on a journey that begins 125 million years ago, when a wasp first dared to feed pollen to its young. From honeybees and bumbles to lesser-known diggers, miners, leafcutters, and masons, bees have long been central to our harvests, our mythologies, and our very existence. They've given us sweetness and light, the beauty of flowers, and as much as a third of the foodstuffs we eat. And, alarmingly, they are at risk of disappearing. As informative and enchanting as the waggle dance of a honeybee, *Buzz* shows us why all bees are wonders to celebrate and protect. Read this book and you'll never overlook them again.