

BLUE CORN AND SQUARE TOMATOES

By Rebecca Rupp

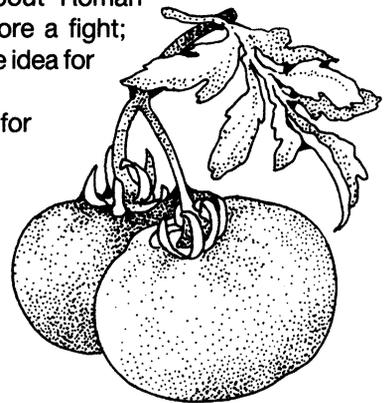
Unusual facts about common garden vegetables

How do melons ripen? Why are peppers hot? Were carrots always orange? What's the most nutritious part of a tomato? A former research biologist answers these questions and many more, telling the little-known life stories of 20 common garden vegetables. Rupp's narrative ranges from Nero's Rome to Incan Peru, from Ancient China to

13th-century Europe to colonial America. Read about the medieval English king, said to have died from an overindulgence in peas (seven bowlsful at a sitting); about Roman gladiators, massaged with onion juice before a fight; and about the Kellogg brothers, to whom the idea for corn flakes came in a dream.

You'll learn about nutrition — peppers, for example, can contain six times the vitamin C of oranges — and successful gardening techniques, such as how to harvest melons correctly. Rupp even includes unusual recipes, a detailed bibliography, and a list of seed suppliers. — *from the publisher*

Garden Way Publishing, 1987, 222 pages, 8 1/2" x 11", paperback, \$9.95 ISBN 0-88266-505-7



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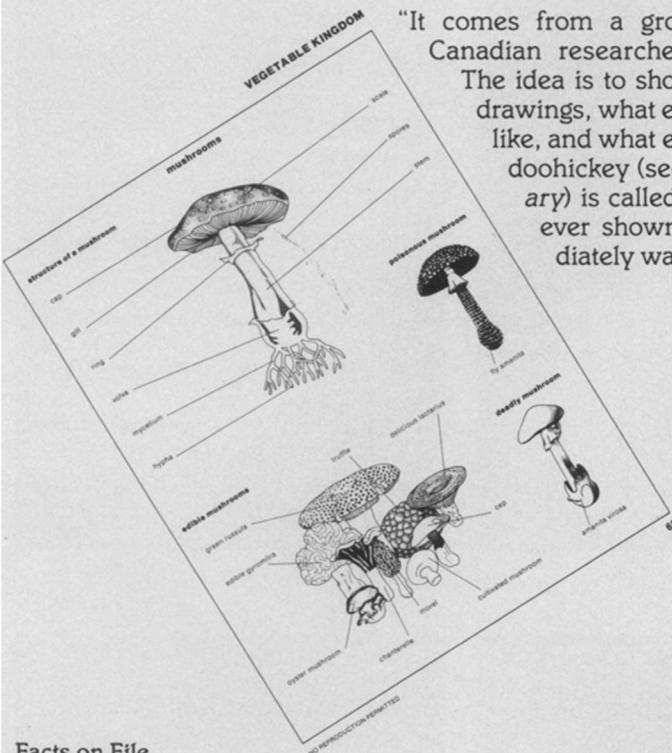
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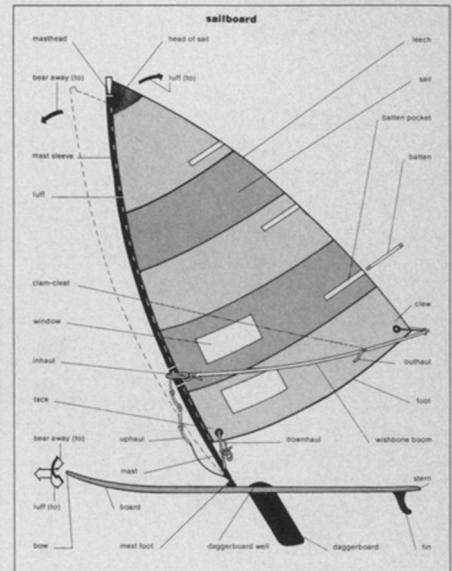
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