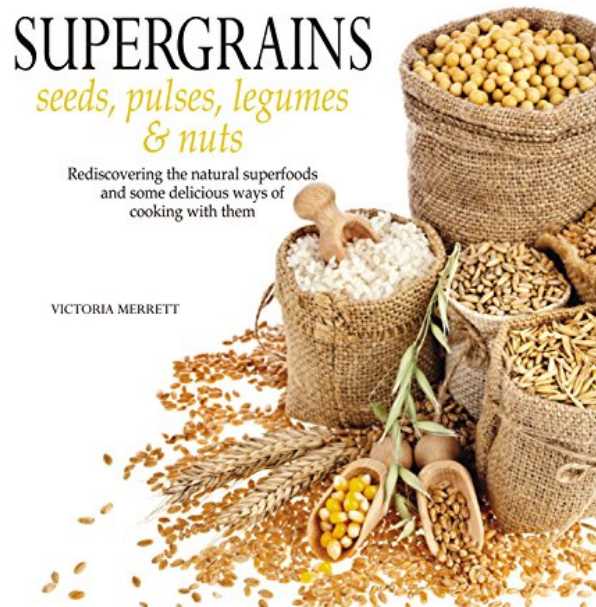


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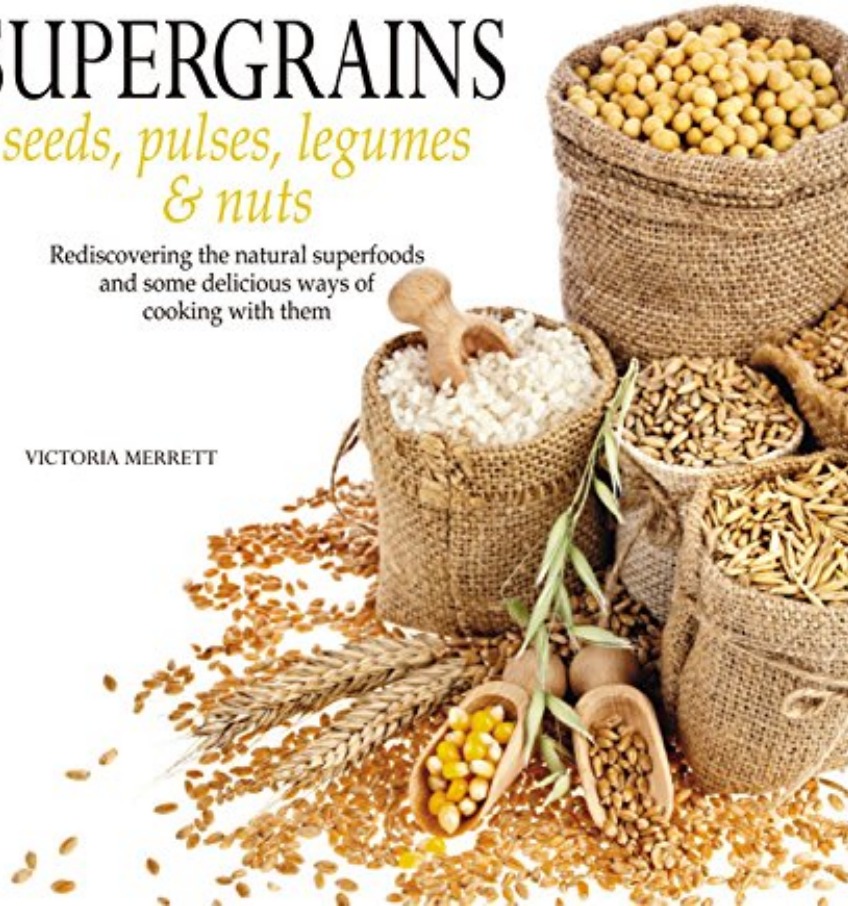


SUPERGRAINS

*seeds, pulses, legumes
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Rediscovering the natural superfoods
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About the Author

Victoria Merrett has lived in the city for most of her adult life. After years of working in publishing she resumed the country life of her childhood. Conservation of our valuable natural heritage of wildlife has always been of great importance to her, and she hopes that Healing Plants will encourage people to look at the plants around them with a fresh and appreciative eye, for many of our most commonly occurring plants have great value to us. She lives in Somerset, England with her husband and two children.

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Nature holds many secrets, many of which are still to be revealed, but we have learned a few of them along the way since ancient times, spurred, no doubt, by the need to eat and nourish ourselves. Over the years the benefits of many of the grains and seeds we consume today have escaped our notice. However, today, there is now a resurgence of interest in the very important nutritional values they can hold. There is also a growing trend toward people becoming vegetarians or vegans or simply more health-conscious, which has also led to the the growing popularity of healthier foods.

Many of the vitamins, minerals and other nutrients in everyday grains, such as barley and oats to more unusual ones, supply our bodies with life-giving and healing qualities. This is an introduction to grains and seeds down the ages, which have proved themselves useful to mankind and whose beneficial legacy has stayed with us through to modern times. Super Grains & Seeds is a fascinating guide, full of interesting facts and over 100 recipes. `Supergrains? tells you all you need to know about making healthy changes to your diet, while providing interesting and healthy recipes and ideas that may very well change your life for the better.

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