



Mediterranean Wild Edible Plants: Ethnobotany and Food Composition Tables (Hardback)

By -

Springer-Verlag New York Inc., United States, 2016. Hardback. Condition: New. 1st ed. 2016. Language: English . Brand New Book. This book is the result of collaboration between botanists and food chemists, with the purpose of improving the knowledge of the main wild species of traditional use as foods in the Mediterranean area, focus on ethnobotanical aspects, natural production, uses and nutritional aspects. One of the novelties of the book would be the publication of complete food composition tables of more than 40 species, which are not usually included in nutrient databases of foods. Many of the data included comes from the chemical analysis of representative samples of these species and other are compiled from the scientific literature. Since this topic had not been fully studied, this book provides an interesting tool to be used with the purpose of the revalorization of wild food species, preservation of their traditional uses, and also as alternatives to improve the diversity of modern Mediterranean diets.â.



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