



# A Field of Greens: African Gourmet Slow Cooker Soups and Stews

By Ivy Newton

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The second edition of A Field of Greens has the same favorite recipes we all know and love plus a new chapter on drinks, Ashanti Adinkra symbols and a few more surprises. With 111 easy African slow cooker recipes, fall in love with your slow cooker all over again. A Field of Greens is also available as a unabridged kindle book. South African food has influences from indigenous Black tribes, Indians, Malaya, and Europeans. In East Africa, many hundreds of years ago, the Arabs settled on the coast, and Arabic influences are especially reflected with the use of sweet spices such as cinnamon, cloves and nutmeg. The British and Indians brought with them to Africa their curries and the technique of pickling to East Africa. Asians introduced citrus fruits such as oranges, lemons, and limes. Portuguese introduced items like chilies, pineapples, and bananas. In North Africa, the Ottoman Turks brought sweet pastries and other bakery products. Central Africa s influence comes from the introduction of cassavas, peanuts, and pepper plants that arrived along with the slave trade. In...



### Reviews

Without doubt, this is the very best job by any article writer. It typically does not cost too much. You are going to like just how the blogger write this pdf. -- Jazmyn Beier II

This book can be worth a read through, and far better than other. It can be writter in easy phrases instead of confusing. You will not really feel monotony at at any moment of your respective time (that's what catalogs are for concerning if you check with me).

-- Wilber Altenwerth

#### Other Books



## Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Children's Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



## Trace and Write Alphabets and Sentences for Beginning

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Trace and Write Alphabets and Sentences for Beginning Writers workbook, provides extensive focus on alphabet formation for the beginning...



### Ella the Doggy Activity

#### Book

Husky Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This activity book is comprised of crossword puzzles, word search games, word scrambles, coloring pages, mazes, and more! The...



## The Old Peabody Pew. by Kate Douglas Wiggin (Children s

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was an American educator and author of children...



#### **Alphabet Tracing**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Alphabet Tracing, Letters A-Z, provides extensive focus on alphabet tracing and printed letter formation for the preschool and kindergarten beginning...



## Half-A-Dozen Housekeepers(1903) a Story for Girls by Kate Douglas Smith

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Kate Douglas Wiggin (September 28, 1856 August 24, 1923) was an American educator and author of children...