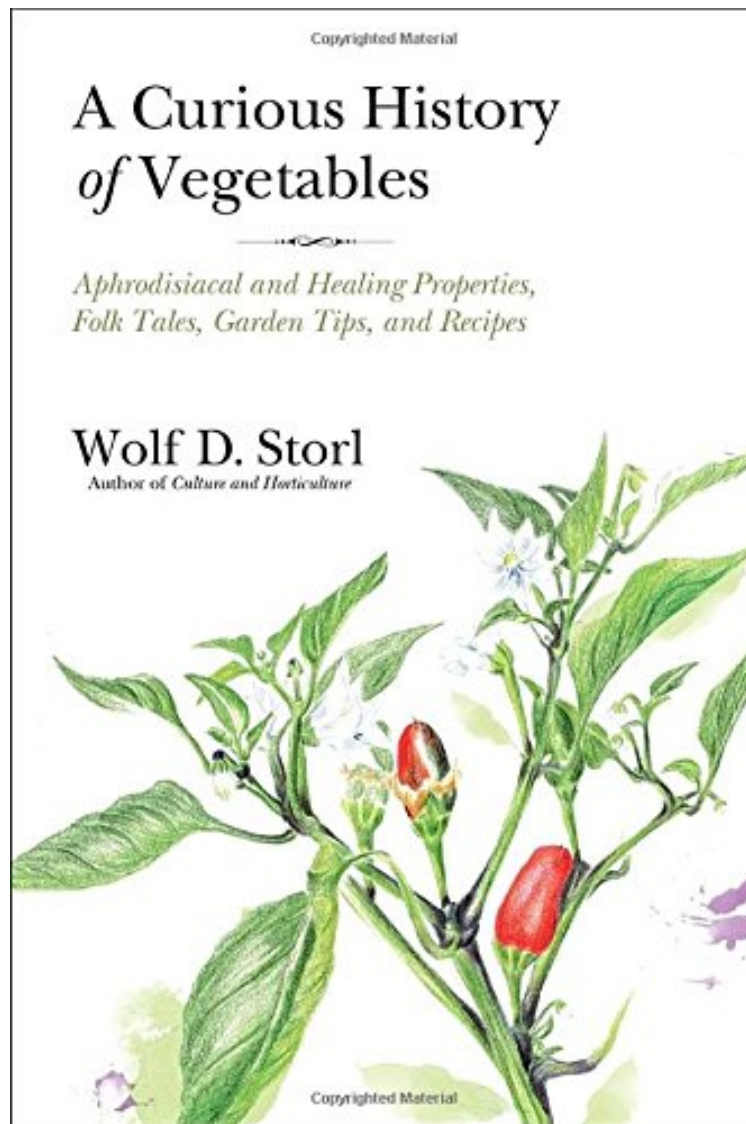


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## A Curious History of Vegetables: Aphrodisiacal and Healing Properties, Folk Tales, Garden Tips, and Recipes

Wolf D. Storl

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#155341 in Books 2016-06-14 2016-06-14 Original language: English PDF # 1 9.00 x .80 x 6.00l, .81 #File Name: 1623170397364 pages | File size: 67.Mb

**Wolf D. Storl : A Curious History of Vegetables: Aphrodisiacal and Healing Properties, Folk Tales, Garden Tips, and Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Curious History of Vegetables: Aphrodisiacal and Healing Properties, Folk Tales, Garden Tips, and Recipes:

2 of 2 people found the following review helpful. A great book - not just for gardeners, but for anybody interested in

the cultural history of our food plants  
By Kat Morgenstern I love Dr. Storl's books and this one is no exception. I am glad his work is finally being translated into English and thus, will find a larger audience - which it absolutely deserves. This curious history of vegetables delivers exactly what it promises - and more. Dr Storl examines a good range (though not comprehensive) of common garden vegetables, such as asparagus, carrots, fennel or potato (and many others) and tells their fascinating lore and history, bringing together many interesting historical facts and tales. But he does not stop there. He devotes almost as much space to lesser known pot herbs and salad greens such as burdock, miner's lettuce, skirret, rampion and opium poppy (to name but a few). What I particularly liked is the fact that he also includes gardening tips for the more practically minded, as well as some really unusual and interesting sounding recipes that make me want to rush out there to hunt down these veggies, so I can try out them myself. Uniquely, he also talks quite a bit about astrology, both as a framework of classification the way the ancients used it, as well as about the almost forgotten art of 'astrological cuisine' that he himself once learnt from his mentor, Arthur Hermes. For those who want to delve more deeply into the subject matter he has also included a rich bibliography. A great book - not just for gardeners, but for anybody who is interested in the cultural history of our food plants.  
1 of 1 people found the following review helpful. Full of great information. Wolf was one of my husband's teachers ...  
By barbara benson Full of great information. Wolf was one of my husband's teachers in Oregon and he is extremely knowledgeable.  
0 of 1 people found the following review helpful. Excellent book!  
By Jill Scott This is such an amazing collection of information, history and myth. Highly recommended.

Featuring gardening tips, recipes, and beautiful full-color pencil drawings of each vegetable, this book for farm-to-fork aficionados and gardeners with an esoteric bent explores the secret history of 48 well known and rare vegetables, examining their symbolism, astrological connections, healing properties, and overall character. A fascinating introduction to vegetable gardening and cooking, *A Curious History of Vegetables* sets horticulture in its historical, cultural, and cosmological contexts. The author offers his deep understanding of the theory of biodynamic gardening and useful tips on light and warmth, ground covers, composts, crop rotation and weeds. Woven in with folk tales and stories from history, each entry also includes delicious historical recipes for each vegetable.

Discover how nearly fifty vegetable, herb, and flower plants dance with humanity and about wild gardens, nourishment as medicine, truly tasty simple gourmet recipes, the history and lore of plants over time, plus special garden tips. Be nourished with the skills and observations of Dr. Wolf Storl, a living library, a master farmer and gardener.  
John Jeavons, author of *How to Grow More Vegetables, Fruits, Nuts, Berries, Grains, and Other Crops Than You Ever Thought Possible on Less Land Than You Can Imagine* Praise for the work of Wolf D. Storl The author, as you will quickly discover, is brilliant and obvious from his writings, he has also delved deeply into the works of the old masters. Storl uncovers stories and teachings not often heard and masterfully weaves them into the modern-day context.  
Marvelous! Rosemary Gladstar, author of *Rosemary Gladstar's Herbal Recipes for Vibrant Health* In these times gardening, especially organic gardening, is a path to freedom.  
Vandana Shiva, PhD, founder of Navdanya International and author of *Who Really Feeds the World?* About the Author Wolf D. Storl, PhD, is an ethnobotanist and the author of some two dozen books on herbalism, alternative medicine, ethnobotany, and shamanism. Born in Saxony, Germany, he received his PhD in ethnology from the University of Berne, Switzerland. His early post-doctorate career includes research in a Swiss biodynamic farming community, teaching anthropology and organic gardening at Rogue College in Oregon, participant-observer research at a traditional Swiss farm, and two years in India as a visiting scholar at the Benares Hindu University. Always interested in local gardening practices in his travels around the world, 25 years ago Dr. Storl was able to put his learning to the test when he and his family moved to a mountain farmstead in southern Germany. There he maintains a year-round vegetable garden and continues to teach, also appearing on television in the U.S. and many countries in Europe as a spokesman for natural horticulture.