

## BOOK REVIEW

SUSANNA LYLE. 2006. **Fruit and Nuts**. (ISBN 0-88192-759-7, hbk.). Timber Press Inc, 133 S.W. Second Avenue, Suite 450, Portland, OR 97204-3527, U.S.A. (Orders: [www.timberpress.com](http://www.timberpress.com), [mail@timberpress.com](mailto:mail@timberpress.com), 503-227-2878, 1-800-327-5680, 503-227-3070 fax.). \$59.95, 480 pp., color photos, figures, glossary, bibliography and index, 8 1/4" × 11 1/4".

Have you ever looked at strange food in the grocery produce aisle and wondered which part you can eat? Or what preparation is needed to eat it? The new book *Fruit and Nuts* by Susanna Lyle will be a handy book to reference. Over two hundred food plants are presented in *Fruit and Nuts* along with details on floral structures, cultivation and uses. To help visualize the details, the book also includes over three hundred fantastic color photographs and images.

*Fruit and Nuts* opens with a very informative section that introduces the readers to the various aspects of fruit and nuts and their production. Plant classification and reproduction are covered in such a way that any reader can understand, and more detail can be found for bolded words in the glossary of the book. Lyle gives readers botanical definitions of fruit and nut types with plant examples and accented by color illustrations depicting nut and fruit structures. Additional information in the introductory section are overviews of plant types by global region, cultivation, propagation and the health benefits of nuts and fruits.

The majority of the text is the fruit and nut "encyclopedia" in alphabetical order by specific epithet from *Acer saccharum* (sugar maple) to *Zizyphus jujuba* (jujube). It should be noted that a few non-fruit nut items are included, such as syrup from sugar maples and eucalyptus. Each fruit or nut entry contains a crisp color image of the edible portion of the plant along with descriptions, structure, harvesting methods, cultivation, propagation and other relative species. A side box for each entry lists uses such as food, nutritional value, alternative uses and ornamental value. The descriptions are very thorough and easy to read. An appendix covers plants for differing growth conditions/uses such as ornamental and health benefits. There is also a glossary, bibliography by topic and an index.

*Fruit and Nuts* by Susanna Lyle is a fun and informative book with great value to those in food sciences, horticulture, gardening food plants or anyone with a general interest in learning more about the fruits and nuts consumed around the world. The text is thorough, easy to read, and is well illustrated with both color illustrations and color photographs. These illustrations and photographs are fantastic in helping readers to determine the edible portions of many potentially unknown fruits and nuts. This could be a wonderful reference book or gift for cooks, horticultural students or "foodies" in general.—Lee Luckeydoo, Herbarium, Botanical Research Institute of Texas, 509 Pecan Street, Fort Worth, TX 76102-4060, U.S.A.



Luckeydoo, Lee. 2006. "Book Review." *SIDA, contributions to botany* 22, 866–866.

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