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KEY=FOR - CARLY NOVAK

HOMEMADE SODA

200 RECIPES FOR MAKING & USING FRUIT SODAS & FIZZY JUICES, SPARKLING WATERS, ROOT BEERS & COLA BREWS, HERBAL & HEALING WATERS, SPARKLING TEAS & COFFEES, SHRUBS & SWITCHELS, CREAM SODAS & FLOATS, & OTHER CARBONATED CONCOCTIONS

Hachette UK *Making your own soda is easy, inexpensive, and fun. Best of all, you can control the sweetness level and ingredients to create a drink that suits your individual taste. In this guide to all things fizzy, Andrew Schloss presents a handful of simple techniques and recipes that will have you recreating your favorite commercial soft drinks and experimenting with new flavor combinations. Try your hand at Pomegranate Punch, Sparkling Espresso Jolt, Slightly Salty Caramel Seltzer, and more as you explore the endless bubbly possibilities.*

SPEED BREWING

TECHNIQUES AND RECIPES FOR FAST-FERMENTING BEERS, CIDERS, MEADS, AND MORE

Voyageur Press (MN) *Techniques and recipes for fast-fermenting beers, ciders, meads and more. Speed Brewing is the perfect guide for beginners and anyone who wants to add something new and fast to brew to their repertoire!*

MAKE YOUR OWN SODA

SYRUP RECIPES FOR ALL-NATURAL POP, FLOATS, COCKTAILS, AND MORE

Clarkson Potter *Sweet-tart lime. Bright cherry. Creamy vanilla. Natural sodas are vibrantly flavored with the zing of just-squeezed citrus juice, the sweetness of ripe berries, or the subtle perfume of fresh herbs. And with the popularity of countertop appliances that turn tap water into sparkling water, it's easier than ever to make the real thing in your own kitchen: simply mix a fresh soda syrup with bubbly water for a drink that's as sweet (or not) as you like—minus any artificial colors, flavors, or sweeteners. In Make Your Own Soda, you'll find 70 recipes for all-natural syrups with unique, artisanal flavors like*

pineapple, lemongrass, and hibiscus, as well as old-time favorites like ginger, sarsaparilla, and grape. You'll also find great ways to use homemade syrups to create soda fountain classics (Chocolate Egg Cream), great cocktails (Lavage Gin Fizz), and hot drinks (Hot Apple Spice Cup), all as delicious as they are distinctive.

HOMEMADE ROOT BEER, SODA & POP

Hachette UK Add some fizzy sparkle to your life and discover the delicious and refreshing world of homemade soft drinks. Drawing on centuries-old traditions from American general stores and pharmacy soda fountains, this fun and informative guide has recipes for perennial favorites like birch beer and ginger beer, as well as more adventurous concoctions like Molasses Switchel and Dandelion Champagne. Stephen Cresswell provides easy-to-follow directions that cover everything from extracting the earthy undertones of sassafras for an exciting root beer to whipping up a caffeine-charged Coffee Whizzer.

BREW IT YOURSELF

MAKE YOUR OWN WINE, BEER, AND OTHER CONCOCTIONS

Watkins Media Limited Dandelion beer. Yep, you read that right and no, it's not some hippy drink brewed by people in kaftans, skipping around fields and waving daisies in the air. This is a man's drink, a tough, no-nonsense, grassroots drink that will lead the home-brewing revolution. Well, one drink may not do all that but *Brew it Yourself*, a collection of home-grown brewing recipes, is sure to put the fizz back in Britain's fervor for home-brewing. The craft drinks market is undergoing a huge resurgence and authors Richard Hood and Nick Moyle (the Two Thirsty Gardeners) have taken their two great loves - alcohol and gardening - to create a list of more than 75 drink recipes using ingredients, either bought in their local supermarket or grown in their own backyard. With everything from nettle beer to horseradish vodka, Richard and Nick bring the art of brewing back to earth. Focusing on the ingredients as much as the end results, this book provides inspiration for people to turn a bag of fruit or vegetables from a supermarket or a pick-your-own farm, a surplus harvest, or a weed-infested yard into a successful and delicious drink. The book outlines the basic approaches to each drinks-making method and what each ingredient contributes to the recipe. *Brew it Yourself* also debunks myths, celebrates experimentation and takes the fear out of the science of fermentation. It proves that creating your own tasty alcoholic drinks doesn't need to be complicated, doesn't need to be costly and definitely doesn't need to be time-consuming. Chapters: Introduction Sourcing Your Ingredients Making Wine Making Cider and Perry Making Beer Making Mead Making Infusions Making Classic Mixes and Curiosities Problem Solving Index

THE ARTISAN SODA WORKSHOP

75 HOMEMADE RECIPES FROM FOUNTAIN CLASSICS TO RHUBARB BASIL, SEA SALT LIME, COLD-BREW COFFEE AND MUC

Simon and Schuster "Seventy different recipes! And all of them easy-peasy to make in minutes! . . . And P.S., don't forget that all these syrups make stellar cocktail add-ins." —*Kitchn* FLAVORFUL FIZZY SENSATIONS Craft amazingly delicious and stunningly creative sodas using natural, gourmet syrups you make at home. Nothing is more refreshing than soda. But why settle for canned carbonation when you can make your own delectable sodas at home? *Artisan Soda Workshop* shows you how to take soda to the next level by making flavors like: Apricot-Cinnamon Riesling and Raspberry Mango Chile Prickly Pear Fizzy Cantaloupe Agua Fresca Lemon-Thyme Plum Vanilla Cranberry, Orange and Ginger With step-by-step instructions and colorful photos, this book's palate-pleasing recipes make it easy to create your own bubbly concoctions from exotic combinations of fruits, herbs and spices. These thirst-quenching drinks serve up bubblier parties, fill hot days with fizzy fun, and impress even the most discriminating of tastes.

THE COMPLETE GUIDE TO HERBAL MEDICINES

Simon and Schuster Two prominent pharmacists offer this guide to herbal remedies, featuring more than three hundred herbal medicines, along with a glossary of medical terms and detailed descriptions of each remedy, potential drug interactions, dosages, and more. Original.

MAKE MEAD LIKE A VIKING

TRADITIONAL TECHNIQUES FOR BREWING NATURAL, WILD-FERMENTED, HONEY-BASED WINES AND BEERS

Chelsea Green Publishing A complete guide to using the best ingredients and minimal equipment to create fun and flavorful brews Ancient societies brewed flavorful and healing meads, ales, and wines for millennia using only intuition, storytelling, and knowledge passed down through generations—no fancy, expensive equipment or degrees in chemistry needed. In *Make Mead Like a Viking*, homesteader,

fermentation enthusiast, and self-described “Appalachian Yeti Viking” Jereme Zimmerman summons the bryggjemand of the ancient Norse to demonstrate how homebrewing mead—arguably the world’s oldest fermented alcoholic beverage—can be not only uncomplicated but fun. Armed with wild-yeast-bearing totem sticks, readers will learn techniques for brewing sweet, semi-sweet, and dry meads, melomels (fruit meads), metheglins (spiced meads), Ethiopian t’ej, flower and herbal meads, braggots, honey beers, country wines, and even Viking grog, opening the Mead Hall doors to further experimentation in fermentation and flavor. In addition, aspiring Vikings will explore: • The importance of local and unpasteurized honey for both flavor and health benefits; • Why modern homebrewing practices, materials, and chemicals work but aren’t necessary; • How to grow and harvest herbs and collect wild botanicals for use in healing, nutritious, and magical meads, beers, and wines; • Hops’ recent monopoly as a primary brewing ingredient and how to use botanicals other than hops for flavoring and preserving mead, ancient ales, and gruits; • The rituals, mysticism, and communion with nature that were integral components of ancient brewing and can be for modern homebrewers, as well; • Recommendations for starting a mead circle to share your wild meads with other brewers as part of the growing mead-movement subculture; and more! Whether you’ve been intimidated by modern homebrewing’s cost or seeming complexity in the past—and its focus on the use of unnatural chemicals—or are boldly looking to expand your current brewing and fermentation practices, Zimmerman’s welcoming style and spirit will usher you into exciting new territory. Grounded in history and mythology, but—like Odin’s ever-seeking eye—focusing continually on the future of self-sufficient food culture, *Make Mead Like a Viking* is a practical and entertaining guide for the ages.

KOMBUCHA REVOLUTION

75 RECIPES FOR HOMEMADE BREWS, FIXERS, ELIXIRS, AND MIXERS

Ten Speed Press This guide from the founder of Kombucha Wonder Drink demystifies the process of brewing kombucha at home and offers recipes for using it in infusions, smoothies, cocktails, and more. The Wonder Drink Kombucha—a fizzy, fermented tea-based beverage packed with probiotics, vitamins, and enzymes—has home brewers salivating. And who better to guide you through the brewing process than a tea guru with more than forty years of experience under his belt? Stephen Lee, cofounder of Tazo Tea and Stash Tea, turned his attention to fermented tea and founded Kombucha Wonder Drink in 2001. In *Kombucha Revolution*, Lee reveals the secrets to brewing the perfect batch of kombucha and caring for your very own SCOBY (Symbiotic Culture of Bacteria and Yeast). He also shares his favorite recipes—plus contributions from brewers, bartenders, and chefs like “Kombucha Mamma” Hannah Crum and Wildwood’s Dustin Clark—for infusing your brew with fruits, herbs, and spices, and incorporating it into juices, smoothies, sauces, snacks, sweets, and cocktails. With recipes for Lavender-Green Tea Kombucha, Cranberry Bitters Cocktails, Kombucha Vinegar, Green Smoothies, Kombucha Lime Ceviche, and Kombucha Pear Sorbet, mixing this healthful brew into your everyday lifestyle has never been so revolutionary.

THE HOME BREWER'S GUIDE TO VINTAGE BEER

REDISCOVERED RECIPES FOR CLASSIC BREWS DATING FROM 1800 TO 1965

*DIV*Taste the history: brew your own vintage beers, from porters to ales to table beer./div

SODA SHOP SALVATION

RECIPES AND STORIES FROM THE SWEETER SIDE OF PROHIBITION

This book collects over 125 recipes for imaginative drinks, sundae varieties, and luncheonette delights from the 1920s, evoking the time of speakeasies, newfangled devices, and racy automobiles. Titbits of the history of suffragists and flappers, bootleggers and G-men -- whose collective commentary demonstrates that the nation's approach to Prohibition was anything but straightforward -- interweave with the recipes. Excerpts and quotes from publications of the time offer advice for entrepreneurs, tips on early road food, and some really corny jokes. This book gives readers a taste of life during this turbulent time.

CHEMISTRY AND TECHNOLOGY OF SOFT DRINKS AND FRUIT JUICES

John Wiley & Sons Soft drinks and fruit juices are produced in almost every country in the world and their availability is remarkable. From the largest cities to some of the remotest villages, soft drinks are available in a variety of flavours and packaging. The market for these products continues to show a remarkable potential for growth. The variety of products and packaging types continues to expand, and among the more significant developments in recent years has been the increase in diet drinks of very high quality, many of which are based on spring or natural mineral water. This book provides an overview of the chemistry and technology of soft drinks and fruit juices. The original edition has been completely revised and extended, with new chapters on Trends in Beverage Markets, Fruit and Juice Processing, Carbohydrate and Intense Sweeteners, Non-Carbonated Beverages, Carbonated Beverages, and Functional Drinks containing Herbal Extracts. It is directed at graduates in food science,

chemistry or microbiology entering production, quality control, new product development or marketing in the beverage industry or in companies supplying ingredients or packaging materials to the beverage industry.

THE COMPLETE SODA MAKING BOOK

FROM HOMEMADE ROOT BEER TO SELTZER AND SPARKLERS, 100 RECIPES TO MAKE YOUR OWN SODA

Simon and Schuster All-natural soft drinks everyone will love! Zesty lemon-lime. Sweet orange cream. Tart cherry. With *The Complete Soda-Making Book*, you can recreate your favorite sodas in the convenience of your home--without the high price tag or all the unpronounceable ingredients. Featuring 100 all-natural, budget-friendly recipes, this book shows you how to use your soda-making appliance to craft classic and one-of-a-kind soft drinks that not only taste better than your fountain go-to, but are also lower in calories and sugar. From traditional options like cola and root beer to artisanal flavors like mango mint and lemongrass, each of these natural sodas are bursting with fresh fruits, juices, and herbs, and free of the artificial additives and sweeteners found in commercial sodas. You'll also find simple instructions on how to experiment with flavor and ingredient combinations to produce your own fizzy concoctions. Complete with recipes for floats, cocktails, and sweet treats, *The Complete Soda-Making Book* is the ultimate resource for crafting delicious, healthy, and inexpensive sodas that your entire family will enjoy!

HANDBOOK OF AFRICAN MEDICINAL PLANTS, SECOND EDITION

CRC Press With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the *Handbook of African Medicinal Plants* provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants.

THE SODA MAKER FLAVOR BIBLE

HEALTHY & NATURAL HOMEMADE FLAVOR SYRUP RECIPES FOR SODASTREAM CARBONATION MACHINES

Your Soda Maker can do more than you think! Why not take a shortcut and learn how to spend less money and get better-quality sodas? Finally, you can make your own soda flavors and syrups at home, using fresh ingredients that taste better and are healthier for you than commercially-sold flavor syrups! This independent book shows you exactly how to get the most out of your SodaStream Sparkling Water Maker (or any other brand) so you can make carbonated drinks, soft drinks, seltzer and mixed drinks at home and with natural, healthy ingredients! 101 of our best, most popular recipes combined with pro tips and illustrated instructions make this book the perfect companion for anyone who owns a SodaStream or any other brand soda maker! Our recipes are compatible with SodaStream Fizzi, Jet, and One Touch sparkling water makers. **LEARN HOW TO:** - Unlock your soda maker's potential for AMAZING sodas! - Make your own homemade syrups instead of buying commercially produced syrups. - Save money by making your own syrups/flavorings. - Make 101 of the best tasting soda drinks you've ever tried! - Make homemade coca cola, root beer, and other favorite sodas... **LEARN HOW TO AVOID:** - Flat or boring drinks - Over-filling or over-carbonating - Wasting money on commercial syrups - Unhealthy artificial flavors (Scroll up and "Look Inside" for a full table of contents) Do you own a soda maker like the soda maker, and are you interested in making delicious sodas that are healthier than sodas made with artificial flavors? Then this book is for you. All of our recipes and "how to" tips are designed specifically to be compatible with the SodaStream and any brand soda maker, and to help you get the most out of your investment. Buy today! **MONEY-BACK GUARANTEE** Free shipping for Prime members

FLOAT ANALYSIS

POWERFUL TECHNICAL INDICATORS USING PRICE AND VOLUME

John Wiley & Sons Pushing the boundaries of technical analysis, Woods combines price and volume charts with the knowledge of available shares in the market, or float, to create a strongly predictive

indicator that can target winning stocks with incredible accuracy."--BOOK JACKET.

COOL WATERS

50 REFRESHING, HEALTHY, HOMEMADE THIRST QUENCHERS

Harvard Common Press *Can water really be cool? Most definitely - if it's enhanced, infused, and revved up with these thirst-quenching recipes that turn ordinary water into extraordinary, healthful, tasty beverages. Cool Waters shows you how to take water to the next level. Start with Quick Quenchers - recipes like Honeydew-Mint Mist and Blueberry Twist that feature just a few ingredients and easy steps to get you going. Nutricious Nectars such as Liquid Iron and Eau de Carotte deliver the superior rehydration and other benefits of commercial sports drinks, without any added sweeteners or unpronounceable ingredients. In the Special Sippers chapter, you'll travel the waters of the world with such enticing concoctions as Key Lime and Vanilla Spritzer and Fruta Bomba. As if that weren't enough, there's also a chapter on making specially flavored ice cubes and a guide to creating your own personalized flavored waters. Lovely color photos throughout amply demonstrate that water doesn't have to be boring anymore. With Cool Waters, it's so easy and economical to create pure, one-of-a-kind waters free of caffeine, added sugar, excess calories, and artificial sweeteners, colors, and flavors. And these waters won't add more plastic bottles to the nation's landfills. They're perfect for athletes and other active people, families on the go, hosts and hostesses looking for special nonalcoholic party drinks - in short, anyone who's ever been, or will ever be, thirstsy. So come on in, the water's fine! Fresh, Flavorful, Fabulous! Recipes include: Squirt of Citrus Red Cherry Spritzer Rose Water with Lemon Pressed Watermelon with Basil Water Pineapple and Lime Seltzer Workout Fuel Cucumberade Orange and Tamarind Elixer Antioxidant Power Thai Red Plum Fizz Tangerine-Ginger Cubes Strawberry-Kiwi Cubes*

THE SODA FOUNTAIN

FLOATS, SUNDAES, EGG CREAMS & MORE--STORIES AND FLAVORS OF AN AMERICAN ORIGINAL [A COOKBOOK]

Ten Speed Press *A collection of 70 recipes celebrating the history and stories of the classic American soda fountain from one of the most-celebrated revival soda fountains in the country, Brooklyn Farmacy. A century ago, soda fountains on almost every Main Street in America served as the heart of the community, where folks shared sundaes, sodas, ice cream floats, and the news of the day. A quintessentially American institution, the soda fountain still speaks of a bygone era of innocence and ease. When Brooklyn Farmacy & Soda Fountain opened its doors in 2010, it launched a revival of this great American original, capturing the hearts of a new generation. Featuring abundant full-color photography and vintage illustrations and advertisements, The Soda Fountain explores a rich history—from the origins of seltzer in the nineteenth century, through the transformation of soda during Prohibition and the Depression years, right up to today's fountain renaissance. Featured recipes range from classics like the Purple Cow and Cherry Lime Rickey to contemporary innovations that have made Brooklyn Farmacy famous, like The Sundae of Broken Dreams (topped with caramel sauce and broken pretzel bits) and Makin' Whoopie! Sundae (with hot fudge and mini chocolate whoopie cakes). Recreating beloved treats like egg creams and milkshakes with local, seasonal, and artisanal ingredients, Gia Giasullo and Peter Freeman, the sibling cofounders of Brooklyn Farmacy & Soda Fountain, teach you how to resurrect the proud American soda fountain tradition at your own kitchen counter. With its fascinating anecdotes, mouth-watering pictures and easy-to-follow steps, this nostalgic cookbook proves that the soda fountain is a culinary and cultural institution that continues to delight.*

PARADISE LOST

A POEM, IN TWELVE BOOKS. THE AUTHOR JOHN MILTON

CITIZEN COKE: THE MAKING OF COCA-COLA CAPITALISM

W. W. Norton & Company *"Citizen Coke demonstrate[s] a complete lack of understanding about . . . the Coca-Cola system—past and present." —Ted Ryan, the Coca-Cola Company How did Coca-Cola build a global empire by selling a low-price concoction of mostly sugar, water, and caffeine? The easy answer is advertising, but the real formula to Coke's success was its strategy, from the start, to offload costs and risks onto suppliers, franchisees, and the government. For most of its history the company owned no bottling plants, water sources, cane- or cornfields. A lean operation, it benefited from public goods like cheap municipal water and curbside recycling programs. Its huge appetite for ingredients gave it outsized influence on suppliers and congressional committees. This was Coca-Cola capitalism. In this new history Bartow J. Elmore explores Coke through its ingredients, showing how the company secured massive quantities of coca leaf, caffeine, sugar, and other inputs. Its growth was driven by shrewd leaders such as Asa Candler, who scaled an Atlanta soda-fountain operation into a national empire, and "boss" Robert Woodruff, who nurtured partnerships with companies like Hershey and Monsanto. These men, and the company they helped build, were seen as responsible citizens, bringing jobs and development to every corner of the globe. But as Elmore shows, Coke was usually*

getting the sweet end of the deal. It continues to do so. Alongside Coke's recent public investments in water purification infrastructure, especially in Africa, it has also built—less publicly—a rash of bottling plants in dangerously arid regions. Looking past its message of corporate citizenship, Elmore finds a strategy of relentless growth. The costs shed by Coke have fallen on the public at large. Its annual use of many billions of gallons of water has strained an increasingly scarce global resource. Its copious servings of high-fructose corn syrup have threatened public health. Citizen Coke became a giant in a world of abundance. In a world of scarcity it is a strain on resources and all who depend on them.

MY SODASTREAM FOUNTAIN JET HOME SODA MAKER RECIPE BOOK

101 DELICIOUS HOMEMADE SODA FLAVORS AND "HOW TO" INSTRUCTIONS FOR YOUR SODASTREAM!

Createspace Independent Publishing Platform A book about getting the most out of your SodaStream Soda Maker, combined with 101 recipes of carbonated drinks, soft drinks, seltzer and mixed drinks that you can make at home and with natural, healthy ingredients.

THE PSYCHOSOCIAL IMPLICATIONS OF DISNEY MOVIES

MDPI In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

CRC HANDBOOK OF MEDICINAL SPICES

CRC Press "Let food be your medicine, medicine your food."-Hippocrates, 2400 B.C. When the "Father of Medicine" uttered those famous words, spices were as important for medicine, embalming, preserving food, and masking bad odors as they were for more mundane culinary matters. Author James A. Duke predicts that spices such as capsicum, cinnamon, garlic, ginger

MEDICINAL PLANTS AND NATURAL PRODUCT RESEARCH

MDPI The book entitled Medicinal Plants and Natural Product Research describes various aspects of ethnopharmacological uses of medicinal plants; extraction, isolation, and identification of bioactive compounds from medicinal plants; various aspects of biological activity such as antioxidant, antimicrobial, anticancer, immunomodulatory activity, etc., as well as characterization of plant secondary metabolites as active substances from medicinal plants.

ULYSSES

FIX THE PUMPS

THE HISTORY OF THE SODA FOUNTAIN

Darcy O'Neil Fix the Pumps is a historical account of the golden era of soda fountains including over 450 recipes that made soda America's most popular drink.

THE OFFICIAL HIGH TIMES CANNABIS COOKBOOK

MORE THAN 50 IRRESISTIBLE RECIPES THAT WILL GET YOU HIGH

Chronicle Books Presents recipes that feature cannabis as an ingredient, along with an introduction that covers topics such as the difference between hemp and cannabis, the plant's potency when eaten, different strains, and its fat content.

A GARDEN OF HERBS

Applewood Books Eleanour Rohde was a well-known gardener and garden historian with a passion for herbs and herb gardens. In this 1922 book, Rohde provides readers with a complete, yet concise, guide to herbs--from creating an herb garden to using the herbs in various recipes including teas, syrups, conserves, pies, wines, waters, and perfumes. As well as illustrations of historic herbal knot gardens, the volume also contains interesting bits of herbal lore from throughout the ages. The work concludes with a chronological listing of key herbal texts from the fifteenth through the twentieth century.

RASAYANA

AYURVEDIC HERBS FOR LONGEVITY AND REJUVENATION

CRC Press Until relatively recently, much of the information on India's research into their medicinal plants has remained within India, mainly published within Indian journals. However, today the field of Ayurveda is expanding, with the integration of herbs and minerals discovered in other countries and the strengthening of academic knowledge networks worldw

MISS LESLIE'S NEW COOKERY BOOK

Leslie offers women recipes which she says are practical, easy, and economical.

NONI

THE COMPLETE GUIDE FOR CONSUMERS AND GROWERS

PAR

PRODUCTION AND PACKAGING OF NON-CARBONATED FRUIT JUICES AND FRUIT BEVERAGES

Springer Science & Business Media In the period of about five years since the first edition of this book appeared, many changes have occurred in the fruit juice and beverage markets. The growth of markets has continued, blunted to some extent, no doubt, by the recession that has featured prominently in the economies of the major consuming nations. But perhaps the most significant area that has affected juices in particular is the issue of authenticity. Commercial scandals of substantial proportions have been seen on both sides of the Atlantic because of fraudulent practice. Major strides have been made in the development of techniques to detect and measure adulterants in the major juices. A contri bution to Chapter 1 describes one of the more important scientific techniques to have been developed as a routine test method to detect the addition of carbohydrates to juices. Another, and perhaps more welcome, development in non-carbonated beverages during the past few years is the rapid growth of sports drinks. Beverages based on glucose syrup have been popular for many years, and in some parts of the world isotonic products have long featured in the sports arena. A combination of benefits is now available from a wide range of preparations formulated and marketed as sports drinks and featuring widely in beverage markets world-wide. A new chapter reviews their formulation and performance characteristics. Another major trend in the area of fruit-containing non-carbonated bever ages is the highly successful marketing of ready-to-drink products.

THE PSYCHOPHARMACOLOGY OF HERBAL MEDICINE

PLANT DRUGS THAT ALTER MIND, BRAIN, AND BEHAVIOR

MIT Press A compilation of current scientific knowledge about psychoactive herbal drugs. Virtually all cultures consume drugs from psychoactive plants. Caffeine, for example, is probably the most common stimulant in the world, and many modern medicines, such as morphine and codeine, are derived from plant sources. In these cases, scientific research has revealed the composition of the plants and how they interact with the nervous system. There are also many herbal medications with reputed therapeutic value that have not yet gained acceptance into mainstream medicine, partly because there has not been enough research to support their usefulness. Instead they are regarded as "alternative medicines." This is an active research area, however, and many current studies are focusing on identifying the active components, pharmacological properties, physiological effects, and clinical efficacy of herbal medicines. This book compiles and integrates the most up-to-date information on the major psychoactive herbal medicines—that is, herbal medicines that alter mind, brain, and behavior. It focuses particularly on the effects on various areas of cognition, including attention, learning, and memory. The book covers all major classes of psychoactive drugs, including stimulants, cognitive enhancers, sedatives and anxiolytics, psychotherapeutic herbs, analgesics and anesthetic plants,

hallucinogens, and cannabis.

TO LIFE!

ECO ART IN PURSUIT OF A SUSTAINABLE PLANET

Univ of California Press *This title documents the burgeoning eco art movement from A to Z, presenting a panorama of artistic responses to environmental concerns, from Ant Farms anti-consumer antics in the 1970s to Marina Zurkows 2007 animation that anticipates the havoc wreaked upon the planet by global warming.*

GROWING GOURMET AND MEDICINAL MUSHROOMS

Ten Speed Press *A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. "Absolutely the best book in the world on how to grow diverse and delicious mushrooms."—David Arora, author of Mushrooms Demystified With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation, and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you're an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.*

LORE OF THE UNICORN

Library of Alexandria

DELICIOUSLY ORGANIC

Each recipe features only organic, unprocessed, whole ingredients. Carrie Vitt's journey began with severely debilitating migraines that led her to a whole new way of delicious cooking. Many friends and relatives wanted to know how she did it, so she started her Deliciously Organic blog, which led to this book. Today, she lives on a military base with her husband and their two daughters.

THE LITTLE PARIS BOOKSHOP

Hachette UK *The international bestseller, translated from the German by Simon Pare. On a beautifully restored barge on the Seine, Jean Perdu runs a bookshop; or rather a 'literary apothecary', for this bookseller possesses a rare gift for sensing which books will soothe the troubled souls of his customers. The only person he is unable to cure, it seems, is himself. He has nursed a broken heart ever since the night, twenty-one years ago, when the love of his life fled Paris, leaving behind a handwritten letter that he has never dared read. His memories and his love have been gathering dust - until now. The arrival of an enigmatic new neighbour in his eccentric apartment building on Rue Montagnard inspires Jean to unlock his heart, unmoor the floating bookshop and set off for Provence, in search of the past and his beloved.*

THE GASTRO-ARCHEOLOGIST

REVEALING THE MYSTERIES OF THE INTESTINE AND ITS DISEASES

Springer Nature *In order to understand common conditions such as coeliac disease and Crohn's disease, one must view the gut in its evolutionary context. This is the novel approach to the gut and its diseases that is adopted in this book. The first part tells the story of the evolution of the gut itself - why it came about and how it has influenced the evolution of animals ever since. The second part focuses on the evolution of immunity and how the layers of immune mechanisms are retained in the gut, resembling the strata revealed in an archeological dig. The final part, 'The Gastro-Archeologist', ties the first two together and highlights how understanding the gut and immune system in their evolutionary context can help us understand diseases affecting them. Ambitious in its scope but telling a unique story from a refreshingly novel perspective, the book offers an informative and enjoyable read. As the story of the gut, immunity and disease unfolds, the author aims to endow readers with the same sense of awe and excitement that the subject evokes in him. Difficult concepts are illustrated using simple and colourful analogies, and the main content is supplemented with anecdotes and unusual and amusing facts throughout the book. The book is intended for anyone with an interest in the gut, its immunity and diseases, ranging from school and college biology and biomedical students, to*

professionals working in the field, and to patients suffering from intestinal diseases who want to understand more about their conditions.

HEALING MANUALS FROM OTTOMAN AND MODERN GREECE

THE MEDICAL RECIPES OF GYMNASIOS LAURIŌTIS IN CONTEXT

Walter de Gruyter GmbH & Co KG *This book is a study of three iatrosafia (the notebooks of traditional healers) from the Ottoman and modern periods of Greece. The main text is a collection of the medical recipes of the monk Gymnasios Lauriōtis (b. 1858). Gymnasios had a working knowledge of over 2,000 plants and their use in medical treatments. Two earlier iatrosafia are used for parallels for Gymnasios's recipes. One was written c. 1800 by a practical doctor near Khania, Crete, and illustrated by a second hand. The second iatrosafion dates to the sixteenth century; ascribed to a Meletios, the text survives in the Codex Vindobonensis gr. med. 53. The contents of these and other iatrosafia are predominantly medical, with many of the remedies taken from folk medicine, classical and Hellenistic pharmacological writers, and Galen. The book opens with a biography of the monk Gymnasios and his recipes and then a description of the Cretan and Meletios iatrosafia. The iatrosophia, their role in Greek medical history, and the methods of healing are the subject of chapter 2. The Greek text of Gymnasios's recipes are accompanied by a facing English translation. A commentary offers for each of Gymnasios's recipes passages (translated into English) from the two other iatrosophia to serve as parallels, as well as an analysis of the pharmacopoeia in the medical texts. The book concludes with Greek and English indices of the material medica (plants, mineral, and animal substances) and the diseases, and then a general index.*