



Fruit and Nuts: A Comprehensive Guide to the Cultivation, Uses and Health Benefits of over 300 Food-Producing Plants

Susanna Lyle

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An informative and comprehensive guide to growing and using more than 300 species of fruits and nuts, this A-Z reference will inspire gardeners to grow and use a wider variety of edible plants. Each entry includes a brief history, detailed description, and authoritative information on propagation, as well as helpful advice about harvesting times and methods, cultivation and location needs, pruning, pests and diseases, nutrition and health benefits, and medicinal uses. An extensive, annotated list of cultivars will help gardeners and growers select the most appropriate plants for their location and needs. Suitable for home gardeners, horticulture professionals, orchardists, and nutritionists.



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