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Nuts are perhaps the original health food, the main source of nutrition for many animals, and as apparently basic as food gets. Taking us on a gastronomic, botanical and cultural tour of nuts around the world, Nuts is the first book of its kind about this foodstuff, crammed with surprising and little-known facts. As allergy sufferers will know, nuts get almost everywhere, being used industrially, in confectionary and in all sorts of cooking - Nuts gives us the full story, through ...

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A nut is a fruit composed of an inedible hard shell and a seed, which is generally edible. In general usage, a wide variety of dried seeds are called nuts, but in a botanical context "nut" implies that the shell does not open to release the seed (indehiscent).

Nut (fruit) - Wikipedia

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The first book to tell the full story of how nuts came to be in almost everything, Nuts takes readers on a gastronomic, botanical and cultural tour of the world. After tackling the surprisingly difficult problem of defining a nut - some foods we think of as nuts are actually seeds and some are fruits - award-winning food writer Ken Albala provides a fascinating account of how nuts have been cooked, prepared and exploited through history and around the world, from cultivation and ...

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