

Download Free Beans A History

Beans A History

Unlock the possibilities of beans, chickpeas, lentils, pulses, and more with 125 fresh, modern recipes for

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globally inspired
vegetarian mains,
snacks, soups, and
desserts, from a James
Beard Award-winning food
writer “This is the bean
bible we need.”—Bon

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Appétit NAMED ONE OF THE
BEST COOKBOOKS OF THE
YEAR BY Food Network •
NPR • Forbes •
Smithsonian Magazine •
Wired After being
overlooked for too long

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in the culinary world, beans are emerging for what they truly are: a delicious, versatile, and environmentally friendly protein. In fact, with a little

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ingenuity, this nutritious and hearty staple is guaranteed to liven up your kitchen. Joe Yonan, food editor of the Washington Post, provides a master

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base recipe for cooking
any sort of bean in any
sort of
appliance—Instant Pot,
slow cooker, or
stovetop—as well as
creative recipes for

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using beans in daily life, from Harissa-Roasted Carrot and White Bean Dip to Crunchy Spiced Chickpeas to Smoky Black Bean and Plantain Chili. Drawing

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on the culinary traditions of the Middle East, the Mediterranean, Africa, South America, Asia, and the American South, and with beautiful photography

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throughout, this book has recipes for everyone. With fresh flavors, vibrant spices, and clever techniques, Yonan shows how beans can make for

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thrilling dinners,
lunches, breakfasts—and
even desserts!

Beans A History Berg

Winner of the Scott

O'Dell Award Five

Starred Reviews! A New

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York Public Library Best
Book for Kids, 2016
Grown-ups lie. That's
one truth Beans knows
for sure. He and his
gang know how to spot a
whopper a mile away,

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because they are the savviest bunch of barefoot conchs (that means “locals”) in all of Key West. Not that Beans really minds; it's 1934, the middle of the

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Great Depression. With no jobs on the island, and no money anywhere, who can really blame the grown-ups for telling a few tales? Besides, Beans isn't anyone's

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fool. In fact, he has plans. Big plans. And the consequences might surprise even Beans himself. Return to the wonderful world of Newbery Honor Book

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Turtle in Paradise
through the eyes of
Turtle's cousin Beans!

"A surprising coming-of-age story with a remarkably honest message." —The New York

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Times "[Holm] captures this colorful slice of Depression history with her usual vivacious wit. . . . Children will love Beans." —Shelf Awareness, Starred "A

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novel as entertaining as the motion pictures [Beans] loves to see."—The Horn Book Magazine, Starred
"Inspired by actual events, Holm's talent

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for writing historical fiction is on full display. . . .

Interesting family and small-town dynamics further enrich this fascinating account of a

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young boy's life in
Florida's 'Recovery
Key.'" -Booklist,
Starred "Filled with
humor, heart, and
warmth." -Kirkus Review,
Starred "Entertaining

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and illuminating
historical fiction."

—Publishers Weekly,
Starred

A young girl must face
her least favorite food
when a mean gang of

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green beans kidnaps her
parents. Full color.

The Truth about Baked
Beans

It Starts with Cocoa
Beans

Beans

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Bacon & Beans

A Global History

The Ultimate Guide to

Cooking with the World's

Most Versatile Plant-

Based Protein, with 125

Recipes [A Cookbook]

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Anna Bean goes to the roof in search of inspiration, and soon her family will follow her into a new world just a few floors above their home The Bean children are not allowed to play on the roof of their apartment building. One evening Anna Bean goes up to

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the roof—not to play, but to be alone so she can write a poem for school. Her poetry writing fever is contagious; one by one, the rest of the Bean family visits the roof to write amongst pigeons and tall buildings—all except George, who can't think of

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anything to write about. Beans on the Roof is a wonderful, inspiring story for young readers with a passion for creative writing. This ebook features an illustrated biography of Betsy Byars including rare images from the author's personal collection.

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Images from previously published versions of this content have been removed to avoid copyright infringement.

A lively global history of the bean reveals the lesser-known controversies attributed to the ubiquitous legume, from

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Pythagoras's opinion that the bean was the seat of the soul to St. Jerome's forbiddance of their consumption by nuns because of his belief about the connections between beans and sin. 10,000 first printing.

Prologue: a rendez-vous -- The

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*cook -- Writer and author --
Origin and early development of
modern cookbooks -- Printed
cookbooks: diffusion, translation,
and plagiarism -- Organizing the
cookbook -- Naming the recipes --
Pedagogical and didactic aspects
-- Paratexts in cookbooks -- The*

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recipe form -- The cookbook genre -- Cookbooks for rich and poor -- Health and medicine in cookbooks -- Recipes for fat and lean days -- Vegetarian cookbooks -- Jewish cookbooks -- Cookbooks and aspects of nationalism -- Decoration,

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*illusion, and entertainment --
Taste and pleasure -- Gender in
cookbooks and household books
-- Epilogue: cookbooks and the
future*

*Beans is the story of The El
Espresso, a legend in its own
time in Seattle and a coffee*

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company that has prospered by intentionally staying small, inspiring fanatical customer loyalty in the process. Told over the span of a single day, it follows The El's founder, Jack Hartman, through a business crisis that will challenge him

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and make him clear on why he does what he does. Unsure of whether he has lost the passion needed to sustain his business, Jack hires a consultant who flies to Seattle to "help" him but in reality bears witness to the secrets of good business,

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whether it's a company of 20 employees or 20,000. In the process, Jack learns about "the FourPs" and how applying these universal principles can reenergize his employees, his customers, and even himself. Though fictionalized, this is a

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true story in the best sense of the word. It arrives at a time when people are yearning to return to honest ways of doing business—before corporate dominance, inflated executive salaries, accounting trickery, and outright greed became so much a

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part of our everyday business headlines. It is the story of how a pushcart David up against the corporate Goliaths succeeded by focusing on what is core to good business and a good life: honoring customers, trusting employees, building passion around a

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product, and turning an honest profit.

a Savor the South® cookbook

A Simple Lesson to Create

Positive Change

A History

Jack and the Giant

Rice and Beans

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Bean Thirteen

"The Bean Trees is the work of a visionary. . . . It leaves you open-mouthed and smiling." — Los Angeles Times
A bestseller that has come to be regarded as an American classic, *The Bean*

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Trees is the novel that launched Barbara Kingsolver's remarkable literary career. It is the charming, engrossing tale of rural Kentucky native Taylor Greer, who only wants to get away from her roots and

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avoid getting pregnant. She succeeds, but inherits a three-year-old Native American girl named Turtle along the way, and together, from Oklahoma to Arizona, half-Cherokee Taylor and her charge search for a new life

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in the West. Hers is a story about love and friendship, abandonment and belonging, and the discovery of surprising resources in seemingly empty places. This edition includes a P.S. section with additional

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insights from the author,
background material,
suggestions for further
reading, and more.

This is the story of the
bean, the staple food
cultivated by humans for
over 10,000 years. From the

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lentil to the soybean, every civilization on the planet has cultivated its own species of bean. The humble bean has always attracted attention - from Pythagoras' notion that the bean hosted a human soul to St. Jerome's

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indictment against bean-eating in convents (because they "tickle the genitals"), to current research into the deadly toxins contained in the most commonly eaten beans. Over time, the bean has been both scorned as

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"poor man's meat" and praised as health-giving, even patriotic. Attitudes to this most basic of foodstuffs have always revealed a great deal about a society. Featuring a new preface from author Ken

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Albala, Beans: A History takes the reader on a fascinating journey across cuisines and cultures. Deepen your coffee knowledge, experiment with different beans, methods, and flavors, and become a

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barista at home with The Coffee Book and its 70 recipes. Discover the origins of coffee and its production before exploring over 40 country profiles, showcasing the incredible variety of beans grown

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around the world. Appreciate the nuances of flavor from bean to bean using the taster's wheel to identify different flavors and understand which notes complement one another. Master different roasting,

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grinding, tamping and brewing techniques, plus the equipment needed. Experiment with some 70 recipes, ranging from café culture classics, such as the Americano, to more adventurous flavor

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combinations like the Almond Fig Latte or the Hazelnut Frappé as well as non-dairy milk alternatives.

From bestselling author Jon Gordon and rising star Damon West comes *The Coffee Bean*: an illustrated fable that

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teaches readers how to transform their environment, overcome challenges, and create positive change. Life is often difficult. It can be harsh, stressful, and feel like a pot of boiling hot water. The environments

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we find ourselves in can change, weaken, or harden us, and test who we truly are. We can be like the carrot that weakens in the pot or like the egg that hardens. Or, we can be like the coffee bean and discover

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the power inside us to transform our environment. The Coffee Bean is an inspiring tale that follows Abe, a young man filled with stress and fear as he faces challenges and pressure at school and home. One day

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after class, his teacher shares with him the life-changing lesson of the coffee bean, and this powerful message changes the way he thinks, acts, and sees the world. Abe discovers that instead of

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letting his environment change him for the worse, he can transform any environment he is in for the better. Equipped with this transformational truth, Abe embarks on an inspirational journey to live his life

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like the coffee bean.
Wherever his life takes him,
from school, to the
military, to the business
world, Abe demonstrates how
this simple lesson can
unleash the unstoppable
power within you. A

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delightful, quick read, The Coffee Bean is purposely written and designed for readers of all ages so that everyone can benefit from this transformational lesson. This is a book and message that, when read and

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shared, has the power to change your life and the world around you. You just have to decide: are you a carrot, egg, or coffee bean? Read Along or Enhanced eBook Barista Tips * Recipes * Beans from Around the World

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The Coffee Book

Beans, Peas & Everything In
Between

Sally's Beans

A Story Full of Beans

**Beans are considered a basic
staple in most kitchen
cupboards, yet these**

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unassuming foodstuffs have a very long history: there is evidence that beans have been eaten for 9,000 years. Whether dried, frozen, or canned, beans have substantial nutritional and environmental benefits, and

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can easily be made into a wholesome, satisfying meal. From garbanzos to lentils, and from favas to soybeans, *Beans: A Global History* brings to life the rich story of these small yet mighty edibles. Featuring

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historic and modern recipes that celebrate the wide variety of bean cuisines, this book speaks to the modern trend for healthy eating, taking readers on a vivid journey through the gastronomical, botanical,

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cultural, and political history of beans.

The real content of this Ranch-Country cookbook is the well-spiced, rib-tickling, immensely satisfying view of western life. Includes chapters on

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Dutch ovens, campfires, breads, wild game, whole-cow barbecues and more. (8 x 11, 144 pages, b&w photos, recipes)

Describes many foods native to the Americas, including corn, peppers, peanuts, and

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chocolate, which were taken to Europe and used in new ways around the world.

"Do you ever wonder where it all comes from and how it is made?" In Jeanette Weiland's Red Beans & Rice book, children discover the earth

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to table connection when Magnolia Rose and her friends visit Grandma Bee and Grandpa Pepper's farm in rural Louisiana. A playful lesson is told about Louisiana cuisine and agriculture. Readers join

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the children as an eye-opening visit starts with fresh lemonade made from citrus trees and sugar cane plants from the farm. There, they also discover favorite dishes are made with ingredients straight from

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the garden and nearby: Red Beans & Rice, Strawberry Shortcake, Seafood Po-Boys, Sweet Satsumas, Pecan Pralines and more. Author of last year's acclaimed successful Beignets for Breakfast book, this is

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Jeanette Weiland's second vivid rhyming children's story, and it's the first time she's teamed up with her mother, illustrator Roberta Van Zandt Loflin. Red Beans & Rice is a visual feast thus bringing farm to

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table to life for a new generation.

History of Azuki Beans

Worldwide (300 BCE to 2021)

Extensively Annotated

Bibliography and Sourcebook

Anansi and the Pot of Beans

Four Principles for Running

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a Business in Good Times or
Bad

A History of Cookbooks

History of Montgomery

County, Pennsylvania

***Rice and Beans is a book about
the paradox of local and global.***

On the one hand, this is a globe-

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spanning dish, a simple source of complete nutrition for billions of people in hundreds of countries. On the other hand, in every place people insist that rice and beans is a local invention, deeply rooted in a

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particular history and culture. How can something so universal also be so particular? The authors of this book explore the specific history of the versions of rice and beans beloved and indigenous in cultures from

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Brazil to West Africa. But they also plumb the shared African, Native American and European trans-Atlantic encounters and exchanges, and the contemporary forces of globalization and nation-

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building, which combine to make rice and beans a powerful substance and symbol of the relationship between food and culture.

Earthy, elegant, affordable, and nourishing, the healthful legume

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gets star billing in this comprehensive bean cookbook. More than 200 delectable recipes—gathered from Aliza Green's travels throughout the world as well as from famous chefs and restaurants—are

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accompanied by essential information on bean varieties and cooking methods. Two-color illustrations and charts accompany an international array of recipes for appetizers, soups, salads, entrees, sauces,

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snacks, and desserts.

A Goodreads Choice Awards

Finalist for Best Fiction and Best

Debut • BookBrowse's Best

Book of the Year • A Marie Claire

Best Women's Fiction of the Year

• A Real Simple Best Book of the

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Year • A PopSugar Best Book of the Year All Written By Females • A New York Times Book Review Editors' Choice • A Washington Post 10 Books to Read in March • A Newsweek Best Book of the Summer • A USA Today Best

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***Book of the Week • A
Washington Book Review
Difficult-To-Put-Down Novel • A
Refinery 29 Best Books of the
Month • A BuzzFeed News 4
Books We Couldn't Put Down
Last Month • A New Arab Best***

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***Books by Arab Authors • An
Electric Lit 20 Best Debuts of the
First Half of 2019 • A The Millions
Most Anticipated Books of 2019
“Garnering justified comparisons
to Khaled Hosseini’s A
Thousand Splendid Suns... Etaf***

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Rum's debut novel is a must-read about women mustering up the bravery to follow their inner voice.” —Refinery 29 The New York Times bestseller and Read with Jenna TODAY SHOW Book Club pick telling the story of

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three generations of Palestinian-American women struggling to express their individual desires within the confines of their Arab culture in the wake of shocking intimate violence in their community. "Where I come from,

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we've learned to silence ourselves. We've been taught that silence will save us. Where I come from, we keep these stories to ourselves. To tell them to the outside world is unheard of—dangerous, the ultimate

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shame.” Palestine, 1990.

Seventeen-year-old Isra prefers reading books to entertaining the suitors her father has chosen for her. Over the course of a week, the naïve and dreamy girl finds herself quickly betrothed and

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married, and is soon living in Brooklyn. There Isra struggles to adapt to the expectations of her oppressive mother-in-law Fareeda and strange new husband Adam, a pressure that intensifies as she begins to have

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children—four daughters instead of the sons Fareeda tells Isra she must bear. Brooklyn, 2008. Eighteen-year-old Deya, Isra's oldest daughter, must meet with potential husbands at her grandmother Fareeda's

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insistence, though her only desire is to go to college. Deya can't help but wonder if her options would have been different had her parents survived the car crash that killed them when Deya was only eight.

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But her grandmother is firm on the matter: the only way to secure a worthy future for Deya is through marriage to the right man. But fate has a will of its own, and soon Deya will find herself on an unexpected path

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that leads her to shocking truths about her family—knowledge that will force her to question everything she thought she knew about her parents, the past, and her own future.

More than 65 delicious,

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nutritious recipes for beans, lentils, and other legumes that are as wholesome as they are tasty. A staple in plant-based dishes and beyond, pulses are not only satisfying to eat but they are also cheap, sustainable

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and readily available. Taking her inspiration from all around the globe, Vicky Jones showcases all the best uses of beans, peas and lentils in these deliciously healthy recipes. Over half of the recipes are vegetarian, while the

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rest make creative use of modest amounts of fish, poultry or meat. Highlights include Armenian Lentil Soup, or an Indian Lentil & Rice Dosas with Mint Raita. Also included are stunning salads, including Black Bean Salad with

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Avocado & Lime. Rediscover classic dishes like Cassoulet or try more unusual dishes such as Valencian Paella. Desserts will also surprise you with heavenly creations like Black Bean Brownies. Complete with

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information on the history and botany of pulses, advice on buying, storing, soaking and cooking them and a summary of their nutritional benefits, this is the go-to cookbook for anyone who is ready to embrace these

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protein-rich and diverse ingredients.

An Edible History of New England

A Unique Dish in a Hundred Places

History of Whole Dry Soybeans,

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***Used as Beans, or Ground,
Mashed or Flaked (240 BCE to
2013)***

Red Beans & Rice

Cool Beans

Two bugs, Ralph and Flora, try to

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divide thirteen beans so that the unlucky thirteenth bean disappears, but they soon discover that the math is not so easy.

One of the world's most comprehensive, well

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documented, and well illustrated book on this subject. With extensive subject and geographic index. 104 photographs and illustrations - mostly color. Free of charge in digital PDF format.

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How does a cocoa bean turn into tasty chocolate? Follow each step in the food production cycle—from planting cocoa trees to eating a sweet treat—in this fascinating book!

How does a cocoa bean become

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a delicious chocolate bar? Cocoa beans ripen. Workers open the pods. Next the sun dries the beans. The beans are roasted. Find out what step happens next in the process of making chocolate.

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Containing a Complete History of the County, with Sketches of the Various Towns and Mining Camps ... Also, Full Statistics of Mining and All Other Industrial Resources
Full of Beans

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Beans and Field Peas
From Cocoa Bean to Chocolate
Ranch-country Recipes
The Coffee Bean
A Southwestern version of the
traditional tale, in which a boy climbs
to the top of a giant beanstalk and uses

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his quick wits to outsmart the giant cattle rustler Wild Bill Hiccup.

The film Casablanca opens with the words, “With the coming of the Second World War, many eyes in imprisoned Europe turned hopefully, or desperately, toward the freedom of the

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Americas.” Leslie Epstein’s *Hill of Beans* is the story of how one nation, one industry, and in particular one man responded to that desperate hope. That man is Jack Warner. His impossible goal is to make world events—most importantly, the invasion of North

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Africa by British and American forces in 1942—coincide with the release of his new film about a group of refugees marooned in Morocco. Arrayed against him are Stalin and Hitler, as well as Josef Goebbels, Franklin Roosevelt, a powerful gossip columnist, and above

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all a beautiful young woman with a terrible secret. His only weapons are his hutzpah and his heroism as he struggles to bring cinema and city, conflict and conference together in an epic command performance. Hill of Beans is the novel that Leslie Epstein—the son

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and nephew of Philip and Julius Epstein, the screenwriters of Casablanca—was born to write. Robust and delicious, beans and field peas have graced the tables of southerners for generations, making daily appearances on vegetable plates,

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sideboards, and lunch counters throughout the region. Indeed, all over the world, people rich, poor, or in between rely on legumes, the comforting "culinary equalizer," as Sandra A. Gutierrez succinctly puts it. Her collection of fifty-one recipes

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shines a fresh light on this sustaining and infinitely varied staple of ordinary life, featuring classic southern, contemporary, and international dishes. Gutierrez, who delights with culinary history, cultural nuance, and entertaining stories, observes that what

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has long been a way of life for so many is now trendy. As the farm-to-fork movement has taken off, food lovers are revisiting the heirloom varieties of beans and peas, which are becoming the nutrition-packed darlings of regional farmers, chefs, and home cooks.

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Celebrating all manner of southern beans and field peas--and explaining the difference between the two--Gutierrez showcases their goodness in dishes as simple as Red Beans and Rice, as contemporary as Mean Bean Burgers with Chipotle

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Mayo, and as globally influenced as Butter Bean Risotto.

Meet Weenie, a meatloaf-obsessed wiener dog, and his best friends Frank and Beans in this hilarious early graphic novel for fans of Narwhal and Jelly and The Bad Guys. Weenie loves his

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human, Bob. He loves his guinea pig friend Beans and his cat friend Frank. He loves naps, adventures and sharing. In fact, Weenie loves pretty much everything (except the mail carrier). But the thing Weenie loves and desires more than anything else in the world is

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meatloaf. And he'll do anything to get it. Join Weenie, Frank and Beans on a laugh-out-loud meatloaf adventure, complete with a trench coat disguise, a wild meatloaf trap and even a hungry wolf.

The Cool Bean

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The Bean Trees

Lucky Beans

Beans on the Roof

Hill of Beans

A Novel of War and Celluloid

**AN INSTANT NEW YORK
TIMES BESTSELLER! The**

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“ too-cool-for-school ” third picture book from the #1 New York Times bestselling creators of The Bad Seed and The Good Egg, Jory John and Pete Oswald Everyone knows the cool beans. They ’ re

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sooooo cool. And then there ' s the uncool has-bean . . . Always on the sidelines, one bean unsuccessfully tries everything he can to fit in with the crowd—until one day the cool beans show him how

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it ' s done. With equal measures of humor, wit, and charm, the # 1 New York Times bestselling duo Jory John and Pete Oswald craft another incredible picture book, reminding us that it ' s

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cooler to be kind. Check out Jory John and Pete Oswald ' s funny, bestselling books for kids 4-8 and anyone who wants a laugh: The Bad Seed The Good Egg The Cool Bean The Couch Potato The Good

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Egg Presents: The Great
Eggscape! The Bad Seed
Presents: The Good, the Bad,
the Spooky! The Cool Bean
Presents: As Cool as It Gets
That ' s What Dinosaurs Do
Read Along or Enhanced

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eBook: Did you ever wonder why spiders have no hair? After reading this African trickster tale, you will know. When Anansi goes to help his grandmother, he can ' t resist her steaming, hot pot of

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beans. Co-authors Bobby and Sherry Norfolk take a wonderful new look at a classic African story. Forages through New England ' s most famous foods for the truth behind the

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region ' s culinary myths Meg Muckenhoupt begins with a simple question: When did Bostonians start making Boston Baked Beans? Storekeepers in Faneuil Hall and Duck Tour guides may

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tell you that the Pilgrims learned a recipe for beans with maple syrup and bear fat from Native Americans, but in fact, the recipe for Boston Baked Beans is the result of a conscious effort in the late

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nineteenth century to create New England foods. New England foods were selected and resourcefully reinvented from fanciful stories about what English colonists cooked prior to the American

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revolution—while pointedly ignoring the foods cooked by contemporary New Englanders, especially the large immigrant populations who were powering industry and taking over farms around

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the region. The Truth about Baked Beans explores New England ' s culinary myths and reality through some of the region ' s most famous foods: baked beans, brown bread, clams, cod and lobster, maple

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syrup, pies, and Yankee pot roast. From 1870 to 1920, the idea of New England food was carefully constructed in magazines, newspapers, and cookbooks, often through fictitious and sometimes

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bizarre origin stories touted as time-honored American legends. This toothsome volume reveals the effort that went into the creation of these foods, and lets us begin to reclaim the culinary

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heritage of immigrant New England—the French Canadians, Irish, Italians, Portuguese, Polish, indigenous people, African-Americans, and other New Englanders whose culinary

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contributions were erased from this version of New England food. Complete with historic and contemporary recipes, *The Truth about Baked Beans* delves into the surprising history of this

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curious cuisine, explaining why and how “ New England food ” actually came to be. Like so many people during the Great Depression of the 1930s, Marshall Loman's dad has lost his job. There's little

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money, but there are plenty of beans—in fact, Ma cooks them for supper every single night! Beans start looking better when Marshall sees the contest posted in the furniture store window. HOW

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MANY BEANS ARE IN THE JAR? WIN THIS BRAND NEW SEWING MACHINE! Ma needs that sewing machine—but how can Marshall possibly guess right? Then Marshall

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remembers something he learned in arithmetic class. Becky BIRTHA's engaging story, based on her grandmother's memories of Depression years in the African American community,

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is illustrated by Nicole Tadjell's expressive paintings.

How Martha Saved Her
Parents from Green Beans
Heirloom Beans
Henry Ford Grows a Car

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The Story of Chocolate

Recipes from Rancho Gordo

A Woman Is No Man

Who would have thought a simple bean could do so much? Heirloom bean expert Steve Sando

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provides descriptions of the many varieties now available, from Scarlet Runners to the spotted Eye of the Tiger beans. Nearly 90 recipes in the book will entice readers

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to cook up bowls of heartwarming Risotto and Cranberry Beans with Pancetta, or Caribbean Black Bean Soup. Close-up photos of the beans make them easy to

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identify. Packed with protein, fiber, and vitamins, these little treasures are the perfect addition to any meal.

A NSTA/CBC Best STEM

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**Book Famous car-maker
and businessman Henry
Ford loved beans. And he
showed great innovation
with his determination
to build his most
inventive car--one**

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completely made of soybeans. With a mind for ingenuity, Henry Ford looked to improve life for others. After the Great Depression struck, Ford especially

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wanted to support ailing farmers. For two years, Ford and his team researched ways to use farmers' crops in his Ford Motor Company. They discovered that the

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soybean was the perfect answer. Soon, Ford's cars contained many soybean plastic parts, and Ford incorporated soybeans into every part of his life. He ate

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**soybeans, he wore
clothes made of soybean
fabric, and he wanted to
drive soybeans, too.
Award-winning author
Peggy Thomas and
illustrator Edwin**

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**Fotheringham explore
this American icon's
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