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Glorious Grasses : The Grains (Plants We Eat)

Meredith Sayles Hughes

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Glorious Grasses : The Grains (Plants We Eat) Meredith Sayles Hughes
Discusses how humans have cultivated and used various grains, including wheat, rice, corn, millet, oats, barley, and rye and the nutritional value of these cereal products. Includes recipes.

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