

Berries: Garden and Countryside Delights

Christian Havenith



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Few kinds of fruit taste as naturally fresh and sweet as wild berries—and afford so many health benefits! This book is a feast for berry lovers, whether they enjoy growing them in their garden or eating them in salads, cakes, and other succulent recipes. The author shares his experience and knowledge about growing, collecting, and preserving berries, their history and the positive influence berries may have on our health. More than 30 species of culinary berries and berrylike fruits are presented in details, with pictures and gardening tips (protecting berries from birds; how to water berries).

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