

FRUITS AND NUTS: A COMPREHENSIVE GUIDE TO THE CULTIVATION, USES AND HEALTH BENEFITS OF OVER 300 FOOD-PRODUCING PLANTS. Lyle, Susanna. *Portland, OR: Timber Press, 2006. 480 pp. (ISBN: 0881927597) \$59.95.*

If you are a devoted gardener, a student majoring in a horticulture field, an orchardist, a dietician or a nutritionist, this recently published work with information on growing and using 300 species of fruits and nuts will be an immense source of pleasure. The comprehensiveness of species covered, the vivid description of each entry, the beautiful color pictures, and the nutrition/medical effects of each fruit or plant make this book a unique companion and reference to those who are interested in learning more on the cultivation, nutrition, and health benefits of fruits and nuts.

Written by Susanna Lyle, *Fruits & Nuts* has two parts. The first part is an introduction to fruits and nuts. It includes topics such as the evolution and classification of plant groups, sexual reproduction, the types of fruits and nuts, plant structure, cultivation, propagation, pruning, pests and diseases, nutrition and health benefits, and medical uses. Proper names are defined and plants are illustrated with colored diagrams. This part not only gives the origin and history of these 300 plus fruits and plants, but also serves as a background for readers to explore how plant species are categorized, examined, and researched.

In the second (and larger) part, the author arranges all plant species in alphabetical order according to their botanical name. A common name and a plant family name are also provided. One of the advantages of this book is that readers can find an index of common names and a list of plant family names. For example, a reader interested in *Kiwifruit* can look it up in the common name index and find that the botanical name is *Actinidia deliciosa*. Then, information on its origins, where and how to grow it, suitability for different soils and climates, methods of propagating and pruning, and nutritional, medicinal, culinary, and even ornamental uses can be found.

In addition to its detailed description and excellent horticultural information, colorful photos, and various practical uses of each plant species, this book provides an appendix of plants for different conditions and uses, a horticulture glossary, a bibliography, and a thorough index. These tools add value to the whole book and make it useful for different levels and purposes of readers. All readers will appreciate this well-researched, informative, and comprehensive book on fruits and nuts.

The interesting text, professional advice and tips, an extensive listing of more than 300 species of fruits and nuts, and numerous color pictures make this book a welcome and necessary addition to the bookshelf of every gardener, horticultural professional, and nutritionist. It can be used by both amateurs and professionals for various purposes. Its scope and depth of information make it an exceptional purchase.

*Fu Zhuo
Miller Nichols Library
University of Missouri Kansas City
Kansas City, MO*