



Hawaiian Vegetables and Their Function in the Diet (Classic Reprint) (Paperback)

By J C Ripperton

Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Hawaiian Vegetables and Their Function in the Diet Hawaii produces an abundant supply of vegetables throughout the year. Notwithstanding this fact, canned vegetables in large quantities are annually imported for use. The explanation of this is the opinion, prevalent among certain classes of the people, that locally grown vegetables are lacking in lime, iron, and other essential mineral constituents, and that they are not, for that reason, as good as the imported. Canned vegetables are on sale at nearly all groceries, and imported fresh vegetables are purchased at several times the price asked for home grown sorts. Recent advances in the field of nutrition, gained from the knowledge of substances called vitamins, and the various functions of the different mineral elements in the human system, have led to a new and keen appreciation of the important place that vegetables should occupy in the dietary. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally...



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Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- *Melvin Hettinger*

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- *Dr. Easton Collier DVM*