



Un jardin para comer/ A garden to eat (Spanish Edition)

Nathalie A. Tordjman

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Un libro para sembrar y cosechar. Un libro para descubrir y saborear. Los rábanos, tomates, coles, ruibarbo o fresas que adornan nuestros platos son las raíces, las frutas, las yemas o las hojas de plantas cultivadas por hortelanos. ¿Lo sabías? Han sido objeto de cuidados en ocasiones muy antiguos, de elecciones precisas. Los amantes de la comida saludable encontrarán en este libro la pequeña historia de las verduras y frutas de nuestros huertos, con recetas, experimentos divertidos y consejos de jardinería. En la época del fastfood, Un jardín para comer se convierte en un libro imprescindible para que los niños aprendan las propiedades de los alimentos y de seguir una dieta equilibrada. Después de los últimos estudios sobre nutrición infantil, se ha demostrado la preocupación que despierta este tema entre padres y profesores. A partir de 10 años Leer resumen completo

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