



# The Beans & Grains Bible

*Emma Borghesi*

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## **The Beans & Grains Bible** Emma Borghesi

Beans and grains have been part of the human diet for centuries. Many stories exist of ancient cultures using these foods not only for sustenance, but also in ritual. *The Beans & Grains Bible* is a complete source of information on enjoying this naturally nutritious cuisine in your own home. Expert tips on choosing the best produce, storage ideas, and tasty recipes will help you make sure your family gets their daily requirement of these valuable food groups.

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