

# Peperoncino Dalla Semina Al Consumo

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*L'orto e la luna* - Bruno Del Medico 2014-05-01

118 pagine. Formato 15x21. Illustrato Questo libro contiene informazioni che nessuno ti darà gratis. Questo libro si rivolge a chi vuole coltivare il proprio orto in modo naturale. Infatti, se si ricorre a fertilizzanti chimici, pesticidi, ormoni e altri espedienti, diventa assolutamente superfluo considerare l'azione benefica della luna. Se invece si vogliono ricavare dal proprio orto cibi sani e genuini, allora ogni metodo naturale può essere utile per una produzione abbondante senza trucchi. Tra questi metodi ritorna attuale anche la pratica di agevolare le coltivazioni con il rispetto delle fasi lunari, secondo antichissime tradizioni. Ormai oggi solo pochi disinformati continuano a considerarle superstizioni. Molti settori scientifici ammettono che, seppure manchino studi che lo provano, tuttavia la luna può avere degli effetti quantomeno concomitanti per la migliore riuscita delle coltivazioni. Il libro considera anche questo aspetto, ma soprattutto contiene un calendario lunare per l'orto esteso a tutto il 2030, e circa 100 schede per tutte le varietà di ortaggio presenti nei nostri orti.

**Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals** - Sari Edelstein 2011

Food, Cuisine, and Cultural Competency for Culinary, Hospitality, and Nutrition Professionals comprehensively covers unique food traditions as

they apply to health. The text explores the critical importance of cultural sensitivity and competency in today's work setting, addresses health literacy issues of diverse client bases, and helps readers identify customer communication techniques that enable professionals to establish trust with clients of ethnicity not their own. Written and peer reviewed by experts in the culture discussed, each chapter in this groundbreaking text covers a distinct region or culture and discusses the various contexts that contribute to nutrition and health: lifestyles, eating patterns, ethnic foods, menu planning, communication (verbal and non-verbal), and more. This book is consistent with The American Dietetic Association's Cultural Competence Strategic Plan.

**Korean Cuisine** - Michael J. Pettid 2008

Over the last two millennia, Korean food dishes and their complex preparations have evolved along with the larger cultural and social upheavals experienced by the nation. Pettid charts the historical development of the cuisine, using literary and historical accounts to examine the ways that regional distinctions and historical transformations played out in the Korean diet.

**Meat Biotechnology** - Fidel Toldrá 2008-09-03

Meat and meat products constitute one of the most important foods in western societies. However, the area of meat biotechnology is not as

comprehensively covered as other areas of food biotechnology. Missing from this area are the recent developments for better sensory and nutritional quality as well as improved safety. The main goal of this book is to provide the reader with the recent developments in biotechnology and their applications in the meat processing chain. To achieve this goal, the book is divided into four parts. The first part deals with the use of modern biotechnology applied to farm animals. The second part focuses on the recent biotechnological developments in starter cultures for better meat fermentation. The third part discusses current approaches to improve the quality and nutritional properties of meats. The final part presents the latest advances in protection against foodborne pathogens, and other recent trends in the field. Written by distinguished international contributors, this book brings together the advances in such varied and different biotechnological topics.

Illustrated Excursions in Italy - Edward Lear 1846

**Chili Pepper** - Cinzia Trenchi 2013

Once the “poor man's spice,” chili peppers are now an essential ingredient in cuisines around the world. This collection of more than 120 recipes showcases the versatile pepper in such mouthwatering dishes as Pasta Salad with Shrimp and Asian Sauce, Risotto with Orange Habanero Peppers, Spicy Pork Ribs, and more. You'll even find to-die-for desserts like Chocolate and Chili Pepper Cake! Featuring beautiful images by noted photographer Fabio Petroni, this sizzling selection is a feast for the eyes and the palate.

**The Book of Soba** - James Udesky 1995-08-01

**Vegan Bible** - Marie Laforêt 2018-08-17

The comprehensive vegan cookbook with over 500 recipes—plus photos and extensive information on ingredients and nutrition. This remarkable resource, the bestselling vegan cookbook in French history, is now available here, offering a richly illustrated variety of recipes for those who want to reduce or eliminate animal products in their diet for ethical, environmental, or health reasons. You'll discover the richness and

diversity of vegan gastronomy and how cooking can still be truly creative even without eggs, meat, fish, or dairy products. Learn how to make your own vegan cheeses, how to cook astonishing egg-free, dairy-free desserts, and how to prepare 100% vegan versions of some of the great classic dishes. In addition to recipes for breakfasts, lunches, suppers and baby foods, there are recipes for every occasion: birthdays, brunches, picnics, barbecues, and family get-togethers. More than just a collection of recipes, the book provides illustrated step-by-step information on the key ingredients of the vegan diet such as nuts, flax seeds, chickpeas, and avocado, and there is a chapter outlining the essentials for vegan nutritional balance: where to find protein, calcium, and vitamin B12; information on mistakes to avoid; and know-how on making making dairy substitutes. Inventive and inspirational, *Vegan Bible* is destined to be the only vegan cookbook you will ever need.

Biodiversity of Vegetable Crops, A Living Heritage - Massimiliano Renna 2019-04-09

Intensive agriculture has generally resulted in higher productivity, but also in a trend towards decreasing levels of agro-biodiversity, which represents a key point in ensuring the adaptability and resilience of agro-ecosystems in the global challenge to produce more and better food in a sustainable way. The biodiversity of vegetable crops includes genetic diversity—both as species diversity (interspecific diversity) and as a diversity of genes within a species (intraspecific diversity) with regard to the vegetable varieties grown—and the diversity of agro-ecosystems (agro-biodiversity). The purpose of this Special Issue is to publish high-quality research papers addressing recent progress and perspectives on different aspects related to the biodiversity of vegetable crops. Original, high-quality contributions that have not yet been published, or that are not currently under review by other journals have been sought. The papers in this Special Issue cover a broad range of aspects and report recent research results regarding agro-biodiversity, which continues to be of significant relevance for both genetic and agricultural applications. All contributions are of significant relevance and could stimulate further research in this area.

Handbook of Vegetables - K. V. Peter 2015

*Gazzetta della provincia di Lodi e Crema* - 1856

*A Revolution in Taste* - Susan Pinkard 2009

Examines the history of French cooking and how the cuisine became associated with fine dining and culinary excellence.

Color and Colorimetry. Multidisciplinary Contributions - Maurizio Rossi 2012

**The Seed Savers' Handbook** - Jeremy Cherfas 1996

Founder of the UK Heritage Seed Programme and founders of the Australian Seed Savers' Network have collaborated to show how gardeners can protect our global food heritage -- and eat it, too. The seeds and growth cycles of 80 vegetables and culinary herbs described in detail.

*Journal de la Société des américanistes* - Société des américanistes de Paris 1977

**Reggio città metropolitana** - Giuseppe Tuccio 2010

**The Tomato in America** - Andrew F. Smith 2001

From the Americas to Australasia, from northern Europe to southern Africa, the tomato tickles the world's taste buds. Americans alone devour more than twelve million tons annually of this peculiar fruit, variously considered poisonous, curative, and aphrodisiacal. In this first concerted study of the tomato in America, Andrew F. Smith separates myth from historical fact, beginning with the Salem, New Jersey, man who, in 1820, allegedly attracted spectators from hundreds of miles to watch him eat a tomato on the courthouse steps (the legend says they expected to see him die a painful death). Later, hucksters such as Dr. John Cook Bennett and the Amazing Archibald Miles peddled the tomato's purported medicinal benefits. The competition was so fierce that the Tomato Pill War broke out in 1838. The Tomato in America traces the early

cultivation of the tomato, its infiltration of American cooking practices, the early manufacture of preserved tomatoes and ketchup (soon hailed as "the national condiment of the United States"), and the "great tomato mania" of the 1820s and 1830s. The book also includes tomato recipes from the pre-Civil War period, covering everything from sauces, soups, and main dishes to desserts and sweets. Now available for the first time in paperback, *The Tomato in America* provides a piquant and entertaining look at a versatile and storied figure in culinary history. *Studi e ricerche di terminologia alimentare* - Carlo Consani 2001

Peperoncino. Piccante passione - Claudio Dal Zovo 2018

**Enciclopedia dei ragazzi** - 1968

**Advanced Methods in Plant Breeding and Biotechnology** - David Ronald Murray 1991

Breeding plants for the twenty-first century; Chromosomal organization and gene mapping; Gene transfer to plants using *Agrobacterium*; Electroporation for direct gene transfer into plant protoplasts; Microprojectile techniques for direct gene transfer into intact plant cells; Localization of transferred genes in genetically modified plants; Somatic embryogenesis: potential for use in propagation and gene transfer systems; Chloroplast and mitochondrial genomes: manipulation through somatic hybridization; Modification of the chloroplast genome with particular reference to herbicide resistance; Breeding for resistance to insects; Resistance to fungal diseases; Advances in breeding for resistance to bacterial pathogens; Genetic engineering for resistance to viruses; Breeding for resistance to physiological stresses.

**Vita in campagna** - 2002

*Plant Genetic Conservation* - Nigel Maxted 2013-12-01

The recent development of ideas on biodiversity conservation was already being considered almost three-quarters of a century ago for crop

plants and the wild species related to them, by the Russian geneticist N.I. Vavilov. He was undoubtedly the first scientist to understand the importance for humankind of conserving for utilization the genetic diversity of our ancient crop plants and their wild relatives from their centres of diversity. His collections showed various traits of adaptation to environmental extremes and biotypes of crop diseases and pests which were unknown to most plant breeders in the first quarter of the twentieth century. Later, in the 1940s-1960s scientists began to realize that the pool of genetic diversity known to Vavilov and his colleagues was beginning to disappear. Through the replacement of the old, primitive and highly diverse land races by uniform modern varieties created by plant breeders, the crop gene pool was being eroded. The genetic diversity of wild species was equally being threatened by human activities: over-exploitation, habitat destruction or fragmentation, competition resulting from the introduction of alien species or varieties, changes and intensification of land use, environmental pollution and possible climate change.

*The Custodians of Biodiversity* - Pablo Balbontín Arenas 2003

Agricultural biodiversity is a precious legacy which we have a moral duty to pass on intact to future generations. As farming systems modernise, these crucial resources risk being lost, unless effective conservation measures are put in place and sufficient recognition is given to the role of the farmer in food security and agricultural development. This publication contains a number of black and white photographs by Pablo Balbontín Arenas, which give an insight into the life and customs of small farmers who foster, maintain and use genetic diversity in traditional agricultural systems, deploying local techniques and knowledge accumulated over many centuries, focusing on four crops: wheat, rice, maize and potato. The accompanying text is written in English, Spanish and Italian.

**Le Viandier de Taillevent** - Guillaume Tirel 2016-04-30

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**Out of the East** - Paul Freedman 2008-03-25

How medieval Europe's infatuation with expensive, fragrant, and exotic spices led to an era of colonial expansion and the discovery of new worlds The demand for spices in medieval Europe was extravagant and was reflected in the pursuit of fashion, the formation of taste, and the growth of luxury trade. It inspired geographical and commercial exploration, as traders pursued such common spices as pepper and cinnamon and rarer aromatic products, including ambergris and musk. Ultimately, the spice quest led to imperial missions that were to change world history. This engaging book explores the demand for spices: why were they so popular, and why so expensive? Paul Freedman surveys the history, geography, economics, and culinary tastes of the Middle Ages to uncover the surprisingly varied ways that spices were put to use--in elaborate medieval cuisine, in the treatment of disease, for the promotion of well-being, and to perfume important ceremonies of the Church. Spices became symbols of beauty, affluence, taste, and grace, Freedman shows, and their expense and fragrance drove the engines of commerce and conquest at the dawn of the modern era.

*ZeroZeroZero* - Roberto Saviano 2016-08-30

An electrifying, internationally bestselling investigation of the global cocaine trade now a series on Prime Video starring Andrea Riseborough, Dane DeHaan, and Gabriel Byrne, from the author of the #1 international bestseller Gomorrah "Zero zero zero" flour is the finest, whitest available. It is also the nickname among narco-traffickers for the purest cocaine on the market. And it is the title of Roberto Saviano's unforgettable exploration of the inner workings of the global cocaine trade—its rules and armies, and the true depth of its reach into the world economy. Saviano's Gomorrah, his explosive account of the Neapolitan mob, the Camorra, was a worldwide sensation. It struck such a nerve with the Camorra that Saviano has lived with twenty-four-hour police

protection for more than eight years. During this time he has come to know law enforcement agencies and officials around the world. With their cooperation, Savaiano has broadened his perspective to take in the entire global “corporate” entity that is the drug trade and the complex money-laundering operations that allow it to function, often with the help of the world’s biggest banks. The result is a harrowing and groundbreaking synthesis of literary narrative and geopolitical analysis exploring one of the most powerful dark forces in our economy. Saviano tracks the shift in the cocaine trade’s axis of power, from Colombia to Mexico, and relates how the Latin American cartels and gangs have forged alliances with crime syndicates across the globe. He charts the increasing sophistication of these criminal entities as they diversify into other products and markets. He also reveals the astonishing increase in the severity of violence as they have fought to protect and extend their power. Saviano is a writer and journalist of rare courage and a thinker of impressive intellectual depth, able to see connections between far-flung phenomena and bind them into a single epic story. Most drug-war narratives feel safely removed from our own lives; Saviano offers no such comfort. Both heart-racing and eye-opening, *ZeroZeroZero* is an investigative story like none other. Praise for *ZerZeroZero*: “[Saviano] has developed a literary style that switches from vivid descriptions of human depravity to a philosophical consideration of the meaning of violence in the modern world. . . . Most important of all is the hope Saviano gives to countless victims of criminal violence by standing up to its perpetrators.” —Financial Times

*Actes du XLIIe [i.e. quarante-deuxième] congrès international des américanistes* - 1977

L'Espresso - 1996

Calendario lunare dell'orto 2013 - Bruno Del Medico 2013-01-01

44 pagine. Formato 17x24 Questo libro contiene consigli utili su tutte le altre operazioni di agricoltura e giardinaggio e delle lune consigliate. Da notare anche alcune pagine dedicate alle coltivazioni invernali, con

l'indicazione delle temperature di germinazione e di crescita. Tutte le fasi lunari del 2013, nella forma di calendario mensile con l'indicazione delle lune delle relative semine.

**La cucina napoletana** - Luciano Pignataro 2016-11-04T00:00:00+01:00  
Napoli è un mondo a parte fatto di mille mondi, come dimostra del resto la sua gastronomia. Come non esisterebbe la lingua italiana senza la Toscana, così non ci sarebbe la cucina italiana senza Napoli: pizza, pasta, caffè, mozzarella, limoncello sono solo alcuni dei simboli di una cucina eterna e radicata nelle abitudini della gente. Il cibo per i napoletani è talmente importante che non hanno un sostantivo per chiamarlo: usano il verbo mangiare che diventa sostantivo o magnà, ossia il mangiare. C'è la tradizione di terra perché prima i napoletani erano soprannominati mangiafoglie grazie alla fertilità del suolo vulcanico che conferisce un sapore unico alle verdure, agli ortaggi e alla frutta, poi la cucina marinara, e ancora lo street food popolare con la pizza, le frittatine di maccheroni, le palle di riso, la pasticceria da passeggio (sfogliatelle, babà, zeppole), la cucina nobile portata dai monzù tra la fine del Settecento e l'inizio dell'Ottocento, la cucina borghese del Novecento italiano, quella moderna dei cuochi stellati. Per il napoletano o magnà costituisce il centro della giornata: che cosa sarebbe una domenica senza il Napoli e il ragù?

*Lessico universale italiano* - Umberto Bosco 1968

**Insectivorous Plants** - Charles Darwin 1875

Calendario lunare delle semine nell'orto 2014 - Bruno Del Medico 2014-05-01

40 pagine. Formato 17x24. Illustrato. Questo libro contiene informazioni che nessuno ti darà gratis. Ancora una volta il Calendario lunare delle semine nell'orto si conferma come uno strumento indispensabile per ogni coltivatore. Contiene un calendario 2014 completo che, per comodità dei lettori, parte da novembre 2013 e arriva fino a gennaio 2015. Accanto alle semine previste per ogni periodo vengono presentate una serie di note di lavoro. Un prontuario ecologico fornisce indicazioni e ricette sulla

confezione di preparati naturali per la lotta ai parassiti. La rubrica dei Consigli suggerisce molte pratiche e metodi, frutto di esperienze consolidate, per facilitare il lavoro nell'orto. Oltre alle semine vengono segnalati, mese per mese, gli altri lavori tipici del periodo, in luna calante o crescente. Dunque, un opuscolo veloce e di rapida consultazione, veramente utile, che vi accompagnerà per tutto l'anno 2014

*Plant Nutrition of Greenhouse Crops* - Cees Sonneveld 2009-09-18

Greenhouse cultivation is noted for its high uptake of minerals, consistent climatic conditions, exclusion of natural precipitation and control of salt accumulation. Acknowledging that plant nutrition in greenhouse cultivation differs in many essentials from field production, this volume details specific information about testing methods for soils and substrates in a greenhouse environment. It does so while offering a universally applicable analysis. This is based on the composition of the soil and substrate solutions, methods for the interpretation of tissue tests, and crop responses on salinity and water supply in relation to fertilizer application. Fertilizer additions, related to analytical data of soil and substrate samples, are presented for a wide range of vegetable and ornamental crops. The subject is especially apt now as substrate growing offers excellent possibilities for the optimal use of water and nutrients, as well as the potential for sustainable production methods for greenhouse crops.

*An Introduction to the Historiography of Science* - Helge Kragh 1987

This book introduces the methodological and philosophical problems with which modern history of science is concerned, offering a comprehensive and critical review through description and evaluation of significant historiographical viewpoints. Incorporating discussion of key problems in general historical writing, with examples drawn from a range of disciplines, this non-elementary introduction bridges the gap between general history and history of science. Following a review of the early development of the history of science, the theory of history as applied to science history is introduced, examining the basic problems which this generates, including problems of periodisation, ideological functions, and

the conflict between diachronical and anachronical historiography. Finally, the book considers the critical use, and analysis, of historical sources, and the possibility of the experimental reconstruction of history. Aimed primarily at students, the book's broad scope and integration of historical, philosophical and scientific matters will interest philosophers, sociologists and general historians, for whom there is no alternative introduction to the subject at this level.

*Beyond Beef* - Jeremy Rifkin 1994

In the first three parts of this book an exploration of the historical role of cattle in Western civilization is given. Part four examines the human impact of the modern cattle complex and the world beef culture. The range of environmental threats that have been created, in part, by the modern cattle complex is described in part five. Part six examines the psychology of cattle complexes and the politics of beef eating in Western society. The author hopes that this book will contribute to moving our society beyond beef

**L'orto sul balcone ABC** - Bruno Del Medico 2014-05-01

272 pagine. Illustrato Puoi acquistare questo libro anche in formato cartaceo (prezzo 12,00 €) presso l'editore (Italia) Con le SCHEDE DI COLTIVAZIONE per tutti gli ortaggi coltivabili sui balconi Una guida valida e completa per chi desidera iniziare la coltivazione di un orto sul balcone o sul terrazzo, anche in uno spazio piccolissimo. Il libro contiene anche diversi progetti di orti da 2 a 40 metri quadrati, completi di piantina e piano produttivo. Naturalmente, oltre alle informazioni necessarie all'impianto dell'orto, il libro contiene anche le SCHEDE DI COLTIVAZIONE per tutti gli ortaggi coltivabili sui balconi. Sommario del libro PARTE PRIMA. IL BALCONE O TERRAZZO Il terrazzo perfetto. Il terrazzo nei mesi invernali. Il terrazzo nei mesi estivi. Terrazzo e balcone d'inverno. Terrazzo e balcone d'estate. Determinare l'esposizione. Orientamento delle file. Collocazione e orientamento dei vasi. Il problema dei parapetti in muratura. Utilizzare tutta la luce del balcone. PARTE SECONDA. I VASI Scegliere i vasi. I sottovasi. Legno, cemento, coccio, plastica. Vasi tipici, eleganti e originali. A ciascuno il suo orto. Rapporto tra vaso e pianta. Garantire il nutrimento. Garantire l'umidità

necessaria. Garantire la stabilità delle piante. Dimensioni dei vasi. Ridurre le forme diverse a quella circolare. Tabella delle dimensioni minime dei vasi per ogni ortaggio. PARTE TERZA. ATTREZZI E MATERIALI. Gli attrezzi. Pulizia dei vasi. Vasi di coccio, di cemento, di pietra. Vasi di plastica. Vasi di gres e di vetro. Vasi di legno. La terra di riempimento dei vasi. PARTE QUARTA. LE SEMINE E I TRAPIANTI Dove seminare? La semina in vivaio. Seminare con l'obiettivo di un trapianto facile. I tipi di trapianto. Trapianto a radice nuda. Trapianto con pane di terra. Trapianto con dischetti o vasetti di torba. Semine facilitate. Verifica della scadenza dei semi. Il diradamento. La ripicchettatura e il post-trapianto. Il tutoraggio. Le consociazioni consigliate e quelle sconsigliate. La semina fitta. PARTE QUINTA. LE CURE COLTURALI. L'irrigazione. Come innaffiare. Quando innaffiare. Quanto innaffiare. Qualità dell'acqua e problema del cloro. Innaffiare in caso di assenza. Concimazione. Come avviene la nutrizione. Elementi nutritivi essenziali. La fertilità del terreno. I macroelementi. L'azoto. Il fosforo. Il potassio. Il titolo. Il confezionamento dei concimi. Come concimare le piante giovani. Concimazione localizzata di copertura. Classificazione dei concimi. Concimi organici. Pollina e conigliana. Cenere. Metodi di concimazione. I microelementi. Cimatura, potatura, sfogliatura. Le malattie. I parassiti. Rimedi biologici. I macerati. La ricetta dei macerati. Gli infusi. Il sapone di Marsiglia. Che fare con il preparato che avanza. Quando ripetere il trattamento. Quali piante trattare. Le protezioni dal freddo. Temperatura fredda, ma sopra lo zero. Temperatura al di sotto dello zero. La raccolta. La conservazione. La sterilizzazione. L'essiccamento. PARTE SESTA. GLI ORTAGGI E LE ERBE COLTIVABILI SUL BALCONE. Schede degli ortaggi. Aglio. Anguria. Basilico. Bieta a coste. Carota. Cavolo broccolo. Cavolfiore. Cavolo cappuccio. Cavolo verza. Cavolo di Bruxelles. Cetriolo. Cicoria a cespo. Cicoria catalogna. Cicoria rossa, radicchio. Cime di rapa. Cipolla. Fagiolo e fagiolino. Fava. Finocchio. Fragola. Indivia riccia e scarola. Lattuga a cappuccio. Lattuga romana. Lattuga da taglio.

Melanzana. Melone. Peperone. Peperoncino. Pisello. Pomodoro. Porro. Prezzemolo. Ravanello. Rucola. Sedano. Spinacio. Valeriana. Zucca. Zucchetto rampicante. Zucchini. Le erbe aromatiche e officinali. PARTE SETTIMA. PROGETTI DI ORTI L'orto dei semplici. Orto dei semplici con tre essenze, con cinque essenze, con 9 essenze, con quattordici essenze. Orto dei semplici circolare. Una collezione di peperoncini o di mente. Progetto Libra: orto di 2 mq, piantina e piano colturale. Progetto Sagitta: orto di 3 mq, piantina e piano colturale. Progetto Tucana: orto di 4 mq, piantina e piano colturale. Progetto Gemini: orto di 7 mq, piantina e piano colturale Progetto Columba: orto di 10 mq, piantina e piano colturale Progetto Cassiopeia: orto di 20 mq, piantina e piano colturale Progetto Berenices: orto di 40 mq, piantina e piano colturale  
**The Austrian National Library** - Irina Kubadinow 2004

**Calendario lunare delle semine nell'orto 2015** - Bruno Del Medico 2014-12-17

di Bruno Del Medico Coltivare l'orto Editrice, edizione 2015. Ottimizzato per dispositivi portatili (Tablet, Kindle, iPub, iPhones, iTunes ecc.). 42 pagine. Illustrato, colore. Ancora una volta il Calendario lunare delle semine nell'orto si conferma come uno strumento indispensabile per ogni coltivatore. Contiene un calendario 2015 completo che, per comodità dei lettori, parte da novembre 2014 e arriva fino a gennaio 2016. Accanto alle semine previste per ogni periodo vengono presentate una serie di note di lavoro. Un prontuario ecologico fornisce indicazioni e ricette sulla confezione di preparati naturali per la lotta ai parassiti. La rubrica dei Consigli suggerisce molte pratiche e metodi, frutto di esperienze consolidate, per facilitare il lavoro nell'orto. Oltre alle semine vengono segnalati, mese per mese, gli altri lavori tipici del periodo, in luna calante o crescente. Dunque, un opuscolo veloce e di rapida consultazione, veramente utile, che vi accompagnerà per tutto l'anno 2015.