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Climate and Environmental Change in the Mediterranean Basin - Current Situation and Risks for the Future.

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Öztürk, Kandikre Ramaiah Sridhar, Maryam Sarwat, Volkan Altay, Francisco Martín Huerta-Martínez, 2023-10-20 This new 2 volume set aims to share and preserve ethnic and traditional knowledge of herbal medicine and treatments while also emphasizing the link between biodiversity human nutrition and food security Ethnic Knowledge and Perspectives of Medicinal Plants is divided into two volumes with volume 1 focusing on the traditional use of curative properties and treatment strategies of medicinal plants and volume 2 addressing the varied nutritional and dietary benefits of medicinal plants and the practice of Ayurveda Both volumes stress the importance of bioresources for human nutrition and nutraceuticals based on ethnic knowledge and the need for efforts to protect biodiversity in many regions rich with medicinal plants Exploring the benefits of medicinal plants in disease prevention treatment and management Volume 1 discusses the traditional use of medicinal plants as promising therapeutics for cancer liver conditions COVID 19 and other human ailments It examines the efficacy of Ayurvedic and Chinese herbal medicine Indian traditional medicine and other ethnic herbal practices used by indigenous peoples of Azerbaijan South America Turkey India etc A variety of plants are discussed and the ethnomedicinal applications of over 100 wild mushrooms for their medicinal and healthcare purposes are elaborated on While volume 1 focuses primarily on natural plant resources for addressing specific health issues volume 2 looks at traditional medicinal plant use for their nutritional and dietary benefits while also encouraging the preservation of biodiversity for healthy and sustainable diets The volume presents information on over 2200 vascular plant taxa from 127 families as well as many taxa from leaf parts fruits underground parts floral parts seeds and more that have potential use as edible food plants Ethnic knowledge on the wild edible mushrooms is an emerging area which is unique and is dependent on the folk knowledge of tribals this volume discusses the unique nutritional attributes of wild edible mushrooms 206 species belonging to 73 genera in Southern India The authors look at various lichens as nutritional aids and medicine and as flavoring agents and spices Fucoidans derived from the seaweeds and spirulina are described for their antioxidant activity nutritional and anti aging properties antiviral activities anti cancer properties anti diabetic properties and more The authors also examine how ethnicity affects healthcare nutritive systems at different levels through various dynamics such as lower income inability for services uptake disputes among different ethnic groups cultural attitudes some ethnic group are vegetarian lack of socio economic resources and disease prevalence Together these two important volumes aim to preserve and disseminate the valuable ethnic knowledge of medicinal plants gained over thousands of years and to promote the value of integrating and safeguarding biodiversity Nissan Maxima Model J30 Series Nissan Jidōsha Kabushiki Kaisha,1989

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web christmas pudding is sweet dried fruit pudding traditionally served as part of christmas dinner in britain and other countries to which the tradition has been exported it has its origins in medieval england with early recipes making use of dried fruit suet breadcrumbs flour eggs and spice along with liquid such as milk or

classic christmas pudding recipe bbc good food - Dec 26 2022

web 140g plain flour 100g soft fresh white breadcrumbs 100g light muscovado sugar crumbled if it looks lumpy 3 large eggs 2 tbsp brandy or cognac plus extra to light the pudding 250g packet butter taken straight from the fridge for the brandy and ginger butter 175g unsalted butter softened grated zest of half an orange 5 tbsp icing sugar

british christmas pudding recipe the spruce eats - Aug 02 2023

web oct 29 2023 no british christmas is complete without a christmas pudding unlike american puddings a christmas pudding has a sticky dense sponge much like a fruitcake made from mixed dried fruit candied fruit peel apple citrus juice and zest brandy and spices provide a deep complex flavor and signature dark color

traditional christmas pudding figgy pudding the daring - Jul 01 2023

web aug 8 2022 a thoroughly authentic christmas pudding recipe also known as plum pudding or figgy pudding it s the perfect make ahead dessert as the flavors only get better over time a household favorite for centuries no traditional christmas is complete without a christmas pudding

mary berry s christmas pudding recipe bbc food - Mar 29 2023

web ingredients for the pudding $450g\ 1lb$ dried mixed fruit use a mixture of sultanas raisins and snipped apricots 1 small cooking apple peeled cored and roughly chopped 1 orange finely

what is christmas pudding and how do you make it allrecipes - Sep 03 2023

web oct 21 2020 what is christmas pudding made from christmas pudding is generally made from a combination of dried fruit candied fruit peel and citrus zests in a dense sticky sponge cake it can be flavored with cinnamon brandy rum or christmas pudding recipes bbc good food - Oct 04 2023

web 6 ratings get ready for christmas with this rich and sticky pud laden with fruits nuts and spices this slow cooker version takes the stress out of steaming classic christmas pudding 38 ratings a homemade christmas pudding is easy to make then it just needs time in the steamer to turn it into a glorious rich fruity dessert

christmas pudding recipes bbc food - Feb 25 2023

web christmas pudding recipes a flaming christmas pudding is the ultimate end to a christmas meal we ve got classic christmas pudding recipes that make several large puddings for stir up ultimate christmas pudding nigella s recipes nigella lawson - Jan 27 2023

web ingredients yields 8 10 servings metric cups 150 grams currants 150 grams sultanas 150 grams roughly chopped prunes 175 millilitres pedro ximenez sherry 100 grams plain flour 125 grams fresh breadcrumbs 150 grams suet 150 grams dark brown muscovado sugar 1 teaspoon ground cinnamon ¼ teaspoon ground cloves