



The Vegetables We Eat

Gail Gibbons

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Nonfiction pro Gail Gibbons responds to the need for books on good nutrition with this accessible exploration of vegetables. Glossy red peppers; lush, leafy greens; plump, orange pumpkins; and delectable little peas: vegetables come in many shapes, colours, and forms. Using her signature combination of a clear and informative text, with plenty of illustrations, diagrams, and cross sections, this book provides a wealth of information about produce.

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