

**USEFUL PLANTS. PLANTS  
ADAPTED FOR THE  
FOOD OF MAN DESCRIBED  
AND ILLUSTRATED**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649501205

Useful Plants. Plants Adapted for the Food of Man Described and Illustrated by Various

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Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

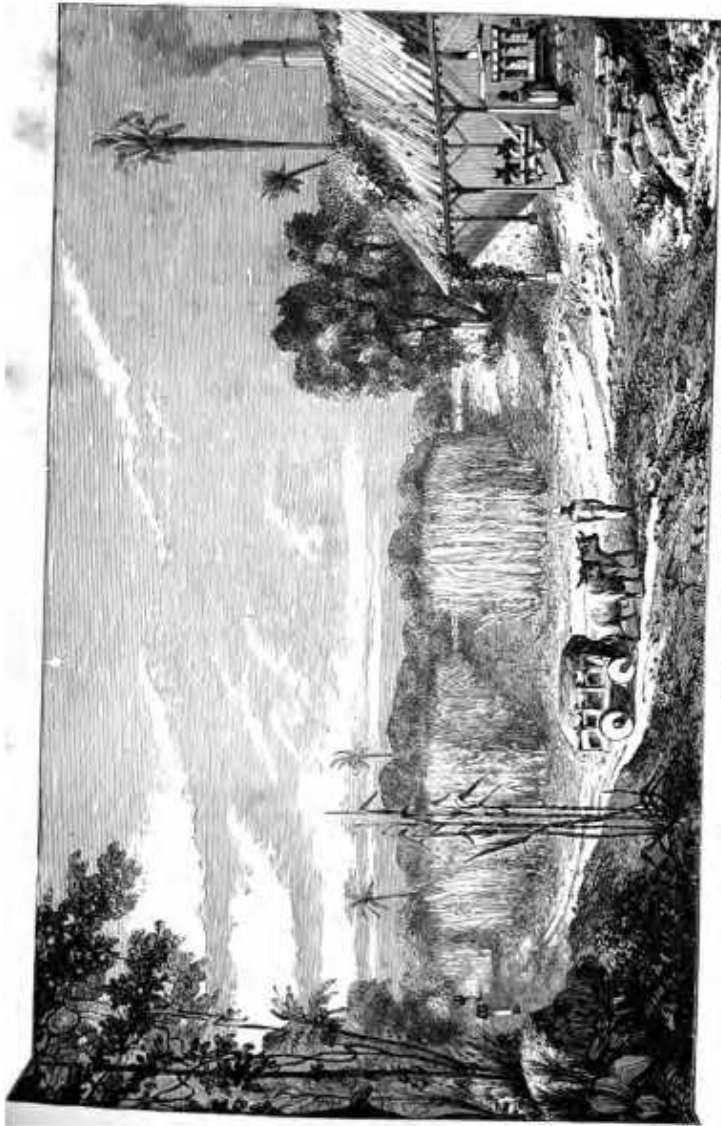
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**VARIOUS**

**USEFUL PLANTS. PLANTS  
ADAPTED FOR THE  
FOOD OF MAN DESCRIBED  
AND ILLUSTRATED**





GATHERING THE SUGAR-CANE.



## USEFUL PLANTS.

PLANTS ADAPTED FOR THE FOOD OF MAN  
DESCRIBED AND ILLUSTRATED

"The eyes of all wait upon Thee; and Thou givest  
them their meat in due season. Thou openest Thine  
hand, and satisfiest the desire of every living thing."  
—PSALM clix. 15, 16.




LONDON:  
T. NELSON AND SONS, PATERNOSTER ROW;  
EDINBURGH; AND NEW YORK.

1870.

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## PREFACE



THE object of the series entitled, "OUR WANTS, AND HOW THEY ARE SUPPLIED," of which the present volume is the precursor, is to furnish the young reader with a Library of Useful Information on Common Things, conveyed in a pleasant and agreeable manner. It will have for its subjects the general relations in which man stands to the world around him; his dependence upon its fruits and its animals for the comforts and luxuries of his daily life; the manner in which he has been led to render it available for increased comfort and additional luxury; the inexhaustible resources which it places within his reach; and its obvious adaptation by a Supreme Power to his wants and necessities. It will deal with articles that constantly come under his notice, and yet of which he, as a rule, knows little or nothing; so true it is that familiarity breeds contempt, and that we feel no interest in what is most immediately connected with us. It will endeavour to do this in an easy and attractive style; neither stooping below nor rising above a child's intelli-

gence ; and always endeavouring to convey, though without direct religious teaching, a sense of the debt of love and gratitude due from man to his Creator.

Each volume of the series will be complete in itself, though connected with others by a general scope and aim.

The present is devoted to an exposition of the immense varieties of Vegetable Food which the goodness of God has placed at our disposal. It traces the different climates and countries from which we obtain these varieties, and shows that each country has its appropriate growth, so that man shall never be without food in the world ;—so that man, moreover, shall always have cause to exclaim with the Psalmist: “ Praise be to Thee, O Father ! Thou preparest us food, when Thou hast provided for it ! ”







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## OUR VEGETABLE FOOD.

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### CHAPTER I.

**B**RIGHT is the sky above us; a deep bright blue, with only a few snow-white fleecy clouds speckling its surface to show by contrast how very blue it is. A golden glory seems to rest upon the earth, and tint the leaves of the spreading beech; while those of the oak and the elm and the chestnut are passing from a beautiful purple into many-changing hues of red and brown. The air is bland and warm—so warm, that the cattle quit the open sunshine, and retire into the shade of the thick hedgerows; or stand knee-deep in the waters of the pleasant stream,