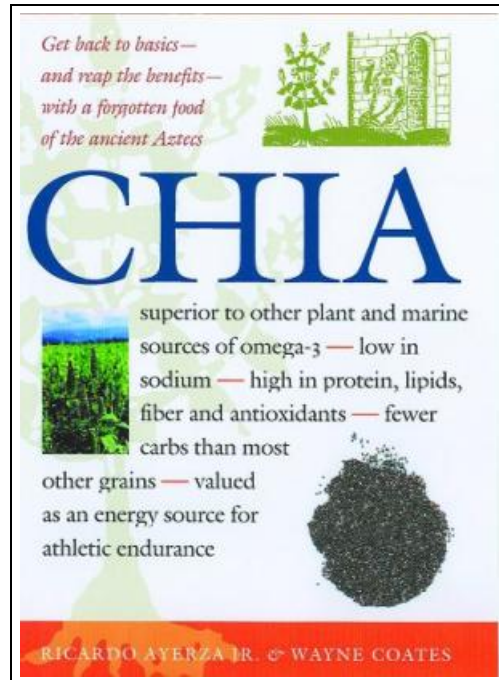


Chia: Rediscovering a Forgotten Crop of the Aztecs



Filesize: 8.43 MB

Reviews

*Definitely one of the better ebook I have possibly read through. It usually will not charge excessive. You wont feel monotony at anytime of your own time (that's what catalogues are for regarding if you check with me).
(Prof. Jean Dare)*

CHIA: REDISCOVERING A FORGOTTEN CROP OF THE AZTECS



To read **Chia: Rediscovering a Forgotten Crop of the Aztecs** PDF, please refer to the web link under and download the file or get access to additional information which might be related to CHIA: REDISCOVERING A FORGOTTEN CROP OF THE AZTECS book.

University of Arizona Press, United States, 2005. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. One of the four main Aztec crops at the time of Columbus's arrival in the New World, chia is now a forgotten food of the Americas. Chia seed oil offers the highest omega-3 fatty acid content available from plants, but today this species is known only for its use in chia pets. Yet pre-Columbian civilizations used chia as a raw material for medicines and nutritional compounds, while chia flour could be stored for years as a food reserve and was valued as a source of energy on long journeys. In this book, agronomist Ricardo Ayerza and agricultural engineer Wayne Coates trace the long and fascinating history of chia's use, then reveal the scientific story of the plant and its modern potential. They compare fatty acid profiles of chia with our other major sources fish oil, flaxseed, and marine algae and provide evidence that chia is superior in many ways. Here are just some of the benefits that chia provides:- chia has the highest known percentage of alpha-linolenic acid, and the highest combined alpha-linolenic and linoleic fatty acid percentage of all crops- chia has more protein, lipids, energy, and fiber but fewer carbs than rice, barley, oats, wheat, or corn, and its protein is gluten-free- chia is an excellent source of calcium, phosphorus, magnesium, potassium, iron, zinc, and copper- chia is low in sodium: salmon has 78 times as much, tuna 237 times as much- chia exhibits no evidence of allergic response, even in individuals with peanut and tree-nut allergies- chia doesn't give off a fishy flavor, unlike some other sources of omega-3 fatty acid The need to balance the essential fatty acid content of the human...



[Read Chia: Rediscovering a Forgotten Crop of the Aztecs Online](#)



[Download PDF Chia: Rediscovering a Forgotten Crop of the Aztecs](#)

Other PDFs



[PDF] **The First Epistle of H. N. a Crying-Voyce of the Holye Spirit of Loue. Translated Out of Base-Almayne Into English. (1574)**

Follow the hyperlink under to read "The First Epistle of H. N. a Crying-Voyce of the Holye Spirit of Loue. Translated Out of Base-Almayne Into English. (1574)" PDF file.

[Download Document »](#)



[PDF] **Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .**

Follow the hyperlink under to read "Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications." PDF file.

[Download Document »](#)



[PDF] **Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Follow the hyperlink under to read "Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade" PDF file.

[Download Document »](#)



[PDF] **Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade**

Follow the hyperlink under to read "Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade" PDF file.

[Download Document »](#)



[PDF] **Trouble Free Travel with Children Over 700 Helpful Hints for Parents of the Go by Vicki Lansky 2003 Paperback**

Follow the hyperlink under to read "Trouble Free Travel with Children Over 700 Helpful Hints for Parents of the Go by Vicki Lansky 2003 Paperback" PDF file.

[Download Document »](#)



[PDF] **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)**

Follow the hyperlink under to read "TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)" PDF file.

[Download Document »](#)