

## BOOK REVIEW

**Cornucopia: a Source Book of Edible Plants.** Stephen Facciola. Vista, CA: Kampong Publications, 1870 Sunrise Drive, Vista, CA 92084, 1990. Pp. ix, 676. \$35.00 (paper). ISBN 0-9628087-0-9.

Not since Hedrick's publication of *Sturtevant's Notes on Edible Plants* in 1919 has such a widely valuable and broadly treated contribution on food plants appeared.

*Cornucopia* discusses more than 3,000 species available in the United States and abroad. As Dr. Noel Vietmeyer states in his preface: "In your hands is one of the most remarkable efforts to come out of the struggle to preserve the genetic diversity of our planet . . . although our modern food supply is one of the most remarkable of human achievements and new technologies promise even greater harvests in the future, there exist thousands of wondrous resources of which we have taken little advantage. It is research work like that of Stephen Facciola that will help scientists find these resources."

The amount of study and searching on which this volume is based is extraordinarily exhaustive. It has been written as an authoritative reference book, but it can reach a wide readership of not only scientists and agricultural specialists but even popular audiences, including cooks, natural food enthusiasts, and those in gourmet food businesses; it is equally useful as an educational tool in university courses in nutrition and economic botany.

The long table of contents begins with a section on Botanical Listings including plant families, fungi families, algae families, and bacterial families. There follows a listing of Cultivars, including 112 different commercially important plants. A most useful and novel section on Sources includes domestic, domestic non-commercial, overseas commercial, and overseas non-commercial.

The next section—Index of Usage and Edible Parts—offers a mine of easily available information often rather difficult to find in many books. Fifty-eight listings are divided between Adjuvants (substances or plant parts that are usually added to other useful species) to Yeasts Hosts [and] Fermentative Organism Hosts.

Three indices are provided: an Index of Species Native to or Naturalized in North America; Species not listed in Kunkel's excellent *Plants for Human Consumption* (1984); and Families and Genera. Two appendices give Abbreviations Used and Endnotes Used in the Cultivar Listings.

The author deserves a round of grateful applause from a great variety of people who will use this book. The Kampong Publications will be thanked by many a user for offering such a magnificent contribution to economic botany.

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