

Pest And Diseases Of Coconut And Their Control

101 Amazing Uses for Coconut Oil All about the "coconut Palm" (Cocos Nucifera) The Muslim Tribes of Lakshadweep Islands Experiencing Anthropology in the Nicobar Archipelago The Coconut Palm (Cocos Nucifera) All about Coconuts Ten Thousand Tongues: secrets of a layered kitchen The Philippine Economy Bulletin All about the "coconut Palm" ... Processing and Marketing of Coconuts in India Cogent Sorcerous Sea Everything the Light Touches Pacific Ports The Near East Tropical Agriculturist and Magazine of the Ceylon Agricultural Society Ladies' Home Companion Almond Eyes, Lotus Feet The Philippine Republic The Folk-tales of the Kiwai Papuans Susan Branson Makhan Jha Vijoy S Sahay Probir Kumar Ghosh Roland Belfort Nandita Godbole John Ferguson Carol Severance Janice Pariat Sharada Dwivedi Gunnar Landtman

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discover surprising and practical uses for this flavorful antibacterial oil from soothing burns and whitening your teeth to removing makeup coconut oil is a well known super food but the benefits extend far beyond the kitchen in 101 amazing uses for coconut oil nutrition consultant reveals how this widely available product can boost your metabolism heal cold sores reduce hypertension and so much more branson s 101 amazing uses series reveals the practical yet little known uses for common natural products including ginger aloe vera apple cider vinegar and more each book is filled with easy to read bite sized benefits for everything from health to beauty to household cleaning

this volume thus will be highly useful not only to the planners and administrators engaged in the development of islands but also to the cultural analysis interested in the study of island ecology and cultural perceptions this book for the first time provides first hand informations about the social structure specially the matrilineal family organization caste structure and hierarchy of the islanders the history of colonization etc which will be highly relevant to the students and teachers of anthropology

this book explores the discipline of social cultural anthropology through an extensive study of the nicobarese people in one of the remotest human settlements of the indian ocean it examines the social cultural economic political and magico religious beliefs of the nicobarese and traces their ritualistic upbringing from conception till after death the book also discusses the nature man spirit complex observed in the life of the nicobarese the author further utilises this study to examine the complex role of

anthropologists in maintaining objectivity and authenticity in ethnographic accounts and discusses several critical epistemological issues concerning social cultural anthropology as a field of study today based upon extensive field research by the author conducted over four decades this volume will be of great interest to scholars and researchers of sociology and social cultural anthropology human geography social sciences minority studies as well as south asian studies

the coconut tree has an immense impact not only as a food source but for various non food applications as well these include shelter medicinal use and preparation of value added products they are a valued plantation around the globe particularly along the coast lines islanders are the true appreciators of this bioresource who derive most of their requirements from coconuts the coconut meat kernel water oil leaves all have a use accordingly there are many aspects of coconuts that pertain to production cultivation and use which are diverse biotechnological intervention in coconut plant cultivation includes aspects of genetic improvement of strains in vitro propagation rhizophor management and coconut plant irrigation aspects a well planned cultivation strategy should provide opportunity to improve breed quality and production throughput agro processing of coconut products is also important so that the fruits of the plant are made best use of sufficient knowledge of the coconut plant and its products would also provide opportunities to the local community importance also resides in coconut constituents such as coconut proteins oil and water coconut products also include haustorium inflorescence and derived products such as coconut palm sugar a value added product as well as numerous nutraceuticals these nutritional supplements can greatly circumvent dietary deficiencies and provide salutary gains coconut oil also has significant medical importance besides being a cooking oil and could be considered for dermal care both as a cosmetic and a medical aid in modern times coconut could be considered as an effective source of holistic nutrients to alleviate malnutrition and disease in fact coconut oil is one of the richest sources of medium chain triglycerides and lauric acid coconut being second richest natural source of lauric acid after breast milk these nutrients have a significant impact in many ways there are also numerous non food applications of coconuts that warrant attention in fact coconut based nanomaterials are a very useful source for many sectors coconuts are also relevant in bioremediation and in waste disposal and management coconuts could even be a boon in restoring fecundity of cultivable land these aspects highlight numerous possibilities with coconuts not only as source of food and for non food uses but also in environmental management in the present time with mounting biological chemical waste being created such a utility is much welcome this book encompasses these various themes under dedicated chapters that provide readers a holistic understanding of the possibilities that exist with coconuts these chapters should provide an insight on various important topics of interest and encourage cross dimensional interdisciplinary research on coconuts possibilities with various lesser known usage of products and cultivation techniques could also be envisaged and explored in the near future

strong matriarchs in the author s family are the inspiration for ten thousand tongues these are stories of perseverance and of a deep rooted appreciation of family legacies that inspire and shape reverence to one s culinary heritage this biographical fiction is about eight women who find refuge solace and strength in their constantly evolving relationship to family and each other through the foods they cooked and later the dishes they are most often remembered by it captures their essence through narratives from within and around their homes their lives intersecting briefly as mothers and as daughters the main characters of this book navigate the constructs of

religious boundaries between hinduism and judaism and definitions of identity in india and the united states despite their flawed relationships their modest kitchens create indelible memories their domestic life is sometimes their burden and at other times their sanctuary and yet long after the kitchen fires are cold the warmth of old fashioned comfort foods continue to nourish both body and spirit their narratives lead readers through the food pathways that finally culminate in ana s kitchen far away from where the stories first began immortalized through iconic comfort foods eight women effortlessly manage to create a unique and lasting culinary legacy that spans many generations look for a companion cookbook of the same name to pair with the novel for a complete immersive experience content trigger ptsd warnings listed alphabetically abandonment anti hindutva anti semitism blood classism death dying depression discrimination ethnic and other islamophobia kidnapping abduction third person mental illness racism riots violence racially motivated sexism misogyny suicidal thoughts war third person xenophobia mild

war is a distant memory on the island and life should be returning to the former days of calm and abundance yet evil is spreading throughout the land leaving disturbances and distress in its wake people are reporting that they have seen strange sights out upon the water children are missing from the islands and also from the mainland while hungry sharks in search of food swim closer to land than ever before what is upsetting the delicate balance of the land and the sea iuti mano kinswoman of the sharks is beginning to suspect that her violent history is catching up with her she has killed the god of the sharks in order to free herself but now with her beloved children joining the ranks of the missing she must fight to restore that which she had most wanted to slay

a novel like none other amitav ghosh a masterpiece avni doshi wise funny touching robert macfarlane

the indian bestseller a delightful pot pourri of a book far more than just a beauty book for women it is also a repository of indian culture charles allen internationally bestselling author of plain tales from the raj almond eyes lotus feet is the fictional memoir of a wise indian princess who recalls the ways the women of the indian court found friendship faith and love through their beauty traditions we journey with her as she recounts a lifetime of comforting rituals tantalizing textures colors and fragrances exquisite jewels and adornments and assorted beauty and health secrets passed through generations of women by word of mouth in almond eyes lotus feet sharada dwivedi a native of india and shalini devi holkar an indian princess by marriage draw on the oral histories of privileged indian women to capture and revive their many wonderful and wise beauty traditions the result is a rich cultural tapestry filled with ancient remedies recipes and tonics used to soften skin silken hair enrich the body and lift the spirit like no store bought products can additionally the book offers a glossary of plants flowers spices and grains and simple home remedies for women in all stages of life from puberty to pregnancy to menopause including almond saffron for cleansing and exfoliation papaya mint tea for acne and pimples cream honey for dry skin and wrinkles cress rosewater for post natal strength tulsi kadha basil tea for coughs or morning sickness replete with gorgeous photos and illustrations from a bygone era almond eyes lotus feet is a treasure trove of time honored health and beauty customs that will delight the senses of modern women everywhere

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