

SUPER FOOD



CUCUMBER

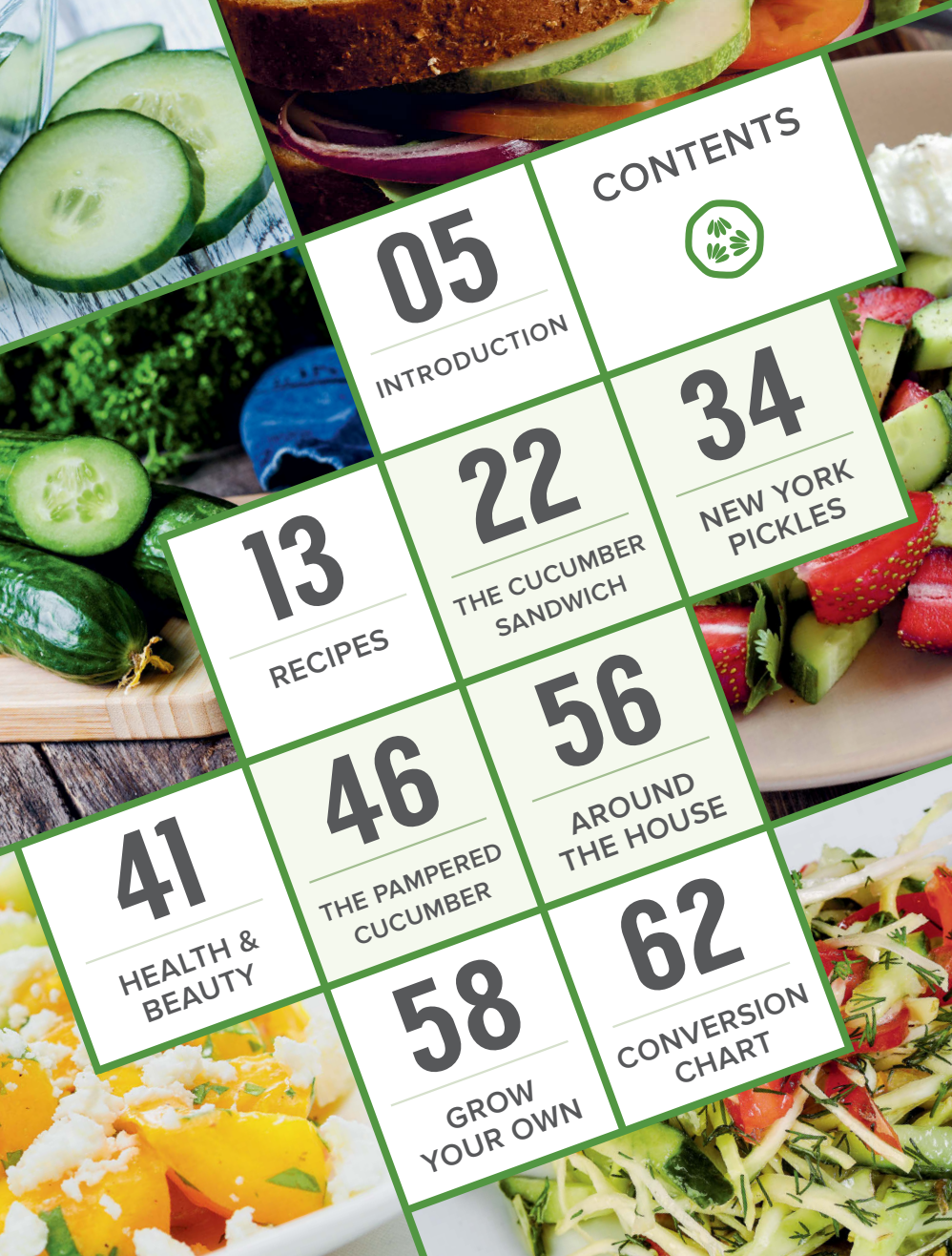
SUPER FOOD

CUCUMBER



B L O O M S B U R Y
LONDON • OXFORD • NEW YORK • NEW DELHI • SYDNEY





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INTRODUCTION

‘The prince enjoyed exceptionally good health, even for a prince; and owing to his gymnastic exercises and the scrupulous care he took of himself ... he remained as fresh as a great, green, shiny Dutch cucumber.’

Leo Tolstoy, *Anna Karenina*
(1873–1877)