

The Gluten Free Guide For Southern Africa

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from the new york times bestselling authors at garden gun comes a lively compendium of southern tradition and contemporary culture the american south is a diverse region with its own vocabulary peculiarities and complexities tennessee whiskey may technically be bourbon but don t let anyone in kentucky hear you call it that and while boiling blue crabs may be the norm across the lowcountry in south carolina and georgia try that in front of marylanders and they re likely to put you in the pot now from the editors of garden gun comes this illustrated encyclopedia covering age old traditions and current culture s is for southern contains nearly five hundred entries spanning every letter of the alphabet with essays from notable southern writers including roy blount jr on humidity frances mayes on the magnolia jessica b harris on field peas rick bragg on harper lee jon meacham on the civil war allison glock on dolly parton randall kenan on edna lewis the lee brothers on boiled peanuts jonathan miles on larry brown julia reed on the delta

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swaziland is africa s second smallest country and its last remaining absolute monarchy dwarfed by neighbouring south africa this tiny landlocked nation punches well above its weight in terms of both nature and culture author mike unwinn explores the excellent wildlife reserves and wild hiking trails offering waterfalls rock art and prolific flora and birdlife and introduces travellers to the country s rich and varied landscapes his personal insights together with colourful anecdotes provide entertaining insights give an insider s perspective he divides swaziland into four distinct regions with detailed maps and itineraries for timescales from one weekend to one month it includes a practical guide to neighbouring attractions easily accessed from swaziland including maputo mozambique and the kruger park south africa both less than one hour s drive away the natural history section offers far greater detail and more accurate information than found elsewhere drawing on the author s extensive insider knowledge and experience

this photographic guide is aimed directly at field identification and includes thumbnail silhouettes to help the reader quickly locate the correct bird a map of species distribution plus full colour photos of the different birds

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