

## Squeezing The Orange

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

A growing awareness of the contributions that functional foods, bioactive compounds, and nutraceuticals make to health is creating a tremendous market for these products. In order for manufacturers to match this demand with stable, high volume production while maintaining defined and reliable composition, they must have ready access to the very lat

Offers group activities using readily-available materials to help children learn to find friends, cooperate with others, and respect each other's feelings and differences.

The Universe has many mysteries and many stories to tell. One of these stories is the planet Earth. It is the biggest mystery with the most stories to tell. It is a world of black and white, hot and cold, loud and quiet, dark and light, brilliance and foolishness. And the mystery is how each of these two things can exist as one. One man continues to defy all logic. Join me, Scott Wilson the narrator, on an epic journey of Mystery, Comedy, Romance, Action, Sci-fi, and Monkeys! Is Herlock Sholmes, the World's Greatest Detective, a genius; or is

he a complete idiot? Can Watson survive the next ten years with him? Will Chief Tolerant ever retire? Will Detective Sholmes ever be promoted to Lieutenant? Who is Captain Tavian Striker? Will Ann Fuzzymole ever catch Herlock? Will Kayla Honeycutt ever find the Stone of Power? What is  $32(X+5X+2)$ ? What is  $X$  if  $X=4$ ? Please, show all of your work. What color is Becky Sommer's hair? Where did my other taco go? Seriously, it was just here! Find the clues and solve these mysteries only in Herlock Sholmes: The Book.

Teeny Lamothe is a young woman on a mission—and the mission is pie. Charming, passionate, determined, Teeny traveled America to work with the country's best bakers and learn their techniques, tricks, and wisdom. Now she shares the fruits of her apprenticeship—the crumbs and crusts of her crusade—in Teeny's Tour of Pie, a delectable journey into total pie immersion. Here are more than 55 pies, sweet and savory, plus a complete crust primer, and all of it seasoned throughout with Teeny's humor and inspiration. There are fruit pies: Strawberry Rhubarb Pie, Lemony Blueberry Crumb Pie, Rosemary-Infused Caramel Apple Pie. Cream pies: Zested Lime Curd Pie, French Silk Pie. Traditional pies—Sweet Potato Pie, Shoofly Pie, Chess Pie—and unexpected pies—Peanut Butter Brownie Pie with a Pretzel Crust, Bourbon Bacon Pecan Pie. And savory pies, too, like Thanksgiving Dinner Pie with a Stuffing Crumble. Teeny is a gifted baker and writer who demystifies every step. She explains why to add vodka to the pie crust; what to do when the dough is sticky or tears; how to cut and weave a lattice topping. There are

the 5 Commandments of Crust and more than 10 no-fail crust recipes, even including one gluten-free. Plus she shows how to make “teeny” pies—her specialty, using a 5-inch pie pan—from the recipes. Teeny’s Tour of Pie captures both the timeless, homespun appeal of pie and its very timely popularity, right down to the “bakery box” cover with its embossed “string,” flaps, and spot-laminated “tape.” Includes profiles of pie-makers, personal stories, and gorgeous full-color beauty shots and step-by-step photographs.

Jane Grigson’s Fruit Book includes a wealth of recipes, plain and fancy, ranging from apple strudel to watermelon sherbet. Jane Grigson is at her literate and entertaining best in this fascinating compendium of recipes for forty-six different fruits. Some, like pears, will probably seem homely and familiar until you’ve tried them  $\frac{3}{4}$  la chinoise. Others, such as the carambola, described by the author as looking “like a small banana gone mad,” will no doubt be happy discoveries. You will find new ways to use all manner of fruits, alone or in combination with other foods, including meats, fish, and fowl, in all phases of cooking from appetizers to desserts. And, as always, in her brief introductions Grigson will both educate and amuse you with her pithy comments on the histories and varieties of all the included fruits. All ingredients are given in American as well as metric measures, and this edition includes an extensive glossary, compiled by Judith Hill, which not only translates unfamiliar terminology but also suggests American equivalents for British and Continental varieties where appropriate.

Praise for the first edition: "It is a wonderful source of information and has the merit of going straight to the subject, being technically precise although very easy to understand. There are numerous pictures, photographs, diagrams, which make the reading a real pleasure."

--European Broadcasting Union Technical Review "The complexity of a satellite newsgathering system could be a four-month long college course with a high tuition rate and an enrolment number so large you have to watch your professor on a TV screen. Jonathan Higgins might have saved the independent learner a few attendance point deductions by fitting it into one book." --Satellite Broadband magazine An ideal introduction for anyone working, or interested, in satellite newsgathering (SNG). The new edition of this popular book builds upon the success of the first--an important and valuable work that is extremely easy to read, comprehensive in its treatment, and detailed where necessary. SNG used to be an immensely complex and expensive affair where broadcasting organizations were at the mercy of an expert who sat in a lonely corner, until needed. Things have changed--everyone in a global news organization needs to know about it now. This is not only because of the high costs of mistakes, but because now even non-technical journalists on the ground have to operate their own equipment. Learn the skills, basics of equipment, cutting edge technology and critical safety issues of satellite newsgathering.

An Authoritative, historically informed tribute to the punch bowl, by the James Beard Award-winning author of Imbibe!. Replete with historical anecdotes,

expert observations, notes on technique and ingredients, and of course world-class recipes, Punch will take readers on a celebratory journey into the punch bowl that starts with some very lonely British sailors and swells to include a cast of lords and ladies, admirals, kings, presidents, poets, pirates, novelists, spies, and other colorful characters. It is a tale only David Wondrich can tell—and it is sure to delight, amuse, and inspire the mixologist and party-planner in everyone.

Nobody does smart, screwball romantic comedy quite like Sophie Kinsella, #1 New York Times bestselling author of the beloved Shopaholic series. In these four stand-alone novels, Kinsella's charming heroines juggle work life, love life—and sometimes, even the afterlife—to heartwarming and hilarious effect. This must-have eBook bundle includes: CAN YOU KEEP A SECRET? "Move over, Bridget [Jones]! . . . Kinsella's witty take on mundane office and family life will really make you laugh out loud."—Evening Chronicle (UK) Emma Corrigan has a huge heart, an irrepressible spirit, and a few little secrets. Secrets from her boyfriend, secrets from her mother . . . secrets she wouldn't share with anyone in the world. Until she spills them all to a handsome stranger on a plane, who, she later discovers, just so happens to be Jack Harper, her company's elusive CEO—a man who now knows every humiliating detail about her. THE

**UNDOMESTIC GODDESS** “Another charming winner from the delightful Kinsella.”—Booklist  
Samantha Sweeting, a workaholic attorney at a London law firm, has just made a huge, unthinkable mistake, wrecking her chance of becoming partner. Going into utter meltdown, she walks out of her office, boards a train, and ends up in the middle of nowhere. Asking for directions at a big, beautiful house, she’s mistaken for an interviewee and is offered a job as their housekeeper. And as she figures out how to turn on the oven and how to open the #@%# ironing board, she finds that this new life may be exactly what she is looking for. **REMEMBER ME?** “A delicious page-turner.”—USA Today  
When twenty-eight-year-old Lexi Smart wakes up in a London hospital, she’s in for a big surprise. Having survived a car accident, Lexi has lost a big chunk of her memory—three years to be exact—and somehow she’s gone from being a twenty-five-year-old working girl to being a corporate big shot with a sleek loft, a personal assistant, and a gorgeous husband. Will she ever remember how this all came to be? And what will happen when she does?

**TWENTIES GIRL** “Kinsella [is] a master of comic pacing and feminine wit.”—Publishers Weekly  
Lara Lington’s imagination seems to be in overdrive. Normal twenty-something young women don’t get visited by ghosts. Or do they? When the spirit of Lara’s great-aunt Sadie mysteriously appears, she

has one request: Lara must find a missing necklace that was in Sadie's possession for more than seventy-five years. And in their mission, these very different "twenties" girls learn some surprising truths from and about each other. **BONUS:** This eBook bundle also includes an excerpt from Sophie Kinsella's *Wedding Night*.

An excellent primer on the subject, this book gives beginning professionals in satellite newsgathering an introduction to the technologies and processes involved. It will also suit journalists, editors and producers needing to understand this important element of the newsgathering chain. Written for the complete beginner, the book shows how typical transmission chains work and their communication with the studio. It also offers a brief introduction to analogue and digital theory before going on to explain Electronic Newsgathering (ENG) systems: from basic principles: transmission and reception chains, frequencies used and why, through to audio channel, subcarriers and digital modulation, as well as applications: radio cameras, window links, infra-red & laser links. A brief chapter on satellite theory gives an overview of satellite communication and orbits, basic satellite communication theory, transportables ('flyaways') and trucks, as well as analogue vs digital issues, digital compression and MPEG. Systems regulations and operations are also introduced as well as safety and logistics issues. If

you're looking for a quick and easy introduction to the subject, this book will act as an essential on the job reference guide.

“In this world there is love, there is fame, there is wealth, but the glory of the glories is to be a new girl in a little beach town in June.” The girl is Virginia and this is the story of her sexual awakening and admission into the never-changing mysteries in a southern California seaside town in the golden, long-ago summers of the 1930s. The little beach town is San Soleo (not to be found on any map), jerry-built just in time for the Great Depression, where time stopped when the money ran out. Virginia, in the course of the novel, evades rape, seduction, and drowning to reach a higher rung on the ladder of maturity. Bonnie Barrett has taken the oldest of themes and closed the time gap: she has caught the period and place with the fidelity of an old Glenn Miller recording, yet made it new, eventful, spicy, funny and harrowingly true. But more than that, she has evoked the bittersweet redolence of lost summers, lost youth, lost love, the time that for all of us lies drowning like Atlantis, now in a sea of changes.

Written for all those who wish to live life to the fullest, *Squeezing The Orange* focuses on the activities and mindsets that lead some people to achieve the life they want, and others to settle for a life that'll do. Full to the brim with stories, anecdotes, first-hand



experience and centuries old knowledge, this book motivates those who want more for themselves than their current 'normal'.

Squeezing the OrangeHarperCollins UK

With this title, young readers will gain an understanding on how the orange juice they love, is made and how it ends up on their table.

Nutritional Composition and Antioxidant Properties of Fruits and Vegetables provides an overview of the nutritional and anti-nutritional composition, antioxidant potential, and health benefits of a wide range of commonly consumed fruits and vegetables. The book presents a comprehensive overview on a variety of topics, including inflorescence, flowers and flower buds (broccoli, cauliflower, cabbage), bulb, stem and stalk (onion, celery, asparagus, celery), leaves (watercress, lettuce, spinach), fruit and seed (peppers, squash, tomato, eggplant, green beans), roots and tubers (red beet, carrots, radish), and fruits, such as citrus (orange, lemon, grapefruit), berries (blackberry, strawberry, lingonberry, bayberry, blueberry), melons (pumpkin, watermelon), and more. Each chapter, contributed by an international expert in the field, also discusses the factors influencing antioxidant content, such as genotype, environmental variation and agronomic conditions. Contains detailed information on nutritional and anti-nutritional composition for commonly consumed fruits and vegetables Presents recent epidemiological information on the health benefits of fresh produce Provides in-depth information about the antioxidant

properties of a range of fruits and vegetables

It's cocktail hour! This ebook features 50 timeless drink recipes—from the sophisticated Manhattan and Mint Julep to the seductive Tequila Sunrise and Mai Tai—plus offers tips on ambiance, bar essentials, mood music, and more. Whether you're imbibing A deux or making martinis by the dozen, make sure you're the host with the most at your next soiree.

1892/1894-1894/1896 include also, The Transactions of the second and fourth annual sanitary conventions held at San José, April 16, 1894 and Los Angeles, April 20, 1896.

The Handbook of Japanese Contrastive Linguistics is a unique publication that brings together insights from three traditions—Japanese linguistics, linguistic typology and contrastive linguistics—and makes important contributions to deepening our understanding of various phenomena in Japanese as well other languages of the globe. Its primary goal is to uncover principled similarities and differences between Japanese and other languages of the globe and thereby shed new light on the universal as well as language-particular properties of Japanese.

The issues addressed by the papers in this volume cover a wide spectrum of phenomena ranging from lexical to syntactic and discourse levels. The authors of the chapters, leading scholars in their respective field of research, present the state-of-the-art research from their respected field.

The Wall Street Journal bestseller—a Financial Times Business Book of the Month and named by The Washington Post as “One of the 11 Leadership Books to

Read in 2018”—is “a refreshingly data-based, clearheaded guide” (Publishers Weekly) to individual performance, based on a groundbreaking study. Why do some people perform better at work than others? This deceptively simple question continues to confound professionals in all sectors of the workforce. Now, after a unique, five-year study of more than 5,000 managers and employees, Morten Hansen reveals the answers in his “Seven Work Smarter Practices” that can be applied by anyone looking to maximize their time and performance. Each of Hansen’s seven practices is highlighted by inspiring stories from individuals in his comprehensive study. You’ll meet a high school principal who engineered a dramatic turnaround of his failing high school; a rural Indian farmer determined to establish a better way of life for women in his village; and a sushi chef, whose simple preparation has led to his unassuming restaurant being awarded the maximum of three Michelin stars. Hansen also explains how the way Alfred Hitchcock filmed *Psycho* and the 1911 race to become the first explorer to reach the South Pole both illustrate the use of his seven practices. Each chapter “is intended to inspire people to be better workers...and improve their own work performance” (Booklist) with questions and key insights to allow you to assess your own performance and figure out your work strengths, as well as your weaknesses. Once you understand your individual style, there are mini-quizzes, questionnaires, and clear tips to assist you focus on a strategy to become a more productive worker. Extensive, accessible, and friendly, *Great at Work* will help us

“reengineer our work lives, reduce burnout, and improve performance and job satisfaction” (Psychology Today). What if there were one book that could help you do nearly everything in life cheaper, better, and faster? Show you how to remove hairspray baked onto a curling iron. How to make white shoes look like new. How to make gourmet coffee without the gourmet price. How to keep your cat out of your houseplants. And hundreds of other things. Cheaper, Better, Faster is all the best advice you've ever heard, collected into one handy volume. Every tip is short, to the point, and helps you make the most of your money and your time, making everyday life less hectic and more enjoyable.

Transformed shares with you spiritual truths learned along the path to spiritual freedom. Earlynn Sheehan takes you along as she transforms her life from deeply religious to deeply spiritual. As her vision of the true nature of God transformed, she left worry, guilt, judgment, and fear behind. Transformed can help you uncover your true nature and bring your life into a state of unity, peace, abundance, prosperity, happiness, and joy. Visit Earlynn on the Web at [earlynnsjustsayin.org](http://earlynnsjustsayin.org). How to manage any project on just one piece of paper The New One-Page Project Manager demonstrates how to efficiently and effectively communicate essential elements of a project's status. The hands of a pocket watch reveal the time of day without following every spring, cog, and movement behind the face. Similarly, an OPKM template reduces any project—no matter how large or complicated—to a simple one-page document, perfect for communicating to upper management and

other project stakeholders. Now in its Second Edition, this practical guide, currently saving time and effort in thousands of organizations worldwide, has itself been simplified, then refined and extended to include the innovative AgileOPPM™. This Second Edition will include new material and updates including an introduction of the ground-breaking AgileOPPM™ and an overview of MyOPPM™ template builder, available on-line Includes references throughout the book to the affiliated sections in the Project Management Body of Knowledge (PMBOK®) Shows templates for the Project Management Office (PMO) This new and updated Second Edition will help you master the one-page approach to both traditional project management and Agile project management. (PMBOK is a registered marks of the Project Management Institute, Inc.)

Processing and Impact on Antioxidants in Beverages presents information key to understanding how antioxidants change during production of beverages, how production options can be used to enhance antioxidant benefit, and how to determine the production process that will result in the optimum antioxidant benefit while retaining consumer acceptability. In the food industry, antioxidants are added to preserve the shelf life of foods and to prevent off-flavors from developing. These production-added components also contribute to the overall availability of essential nutrients for intake. Moreover, some production processes reduce the amount of naturally occurring antioxidants. Thus, in terms of food science, it is important to understand not only the physiological importance of antioxidants, but

what they are, how much are in the different food ingredients, and how they are damaged or enhanced through the processing and packaging phases. This book specifically addresses the composition and characterization of antioxidants in coffee, green tea, soft drinks, beer, and wine. Processing techniques considered here include fermentation and aging, high-pressure homogenization, enzymatic debittering, and more. Lastly, the book considers several selective antioxidant assays, such as Oxygen Radical Absorbance Capacity (ORAC) and Trolox Equivalent Antioxidant Capacity (TEAC) assays. Provides insights into processing options for enhanced antioxidant bioavailability Presents correlation potentials for increased total antioxidant capacity Includes methods for the in situ or in-line monitoring of antioxidants to reduce industrial loss of antioxidants in beverages Proposes processing of concentrated fractions of antioxidants that can be added to foods

This fascinating collection of traditional metaphors and figures of speech, groups expressions according to theme. The second edition includes over 1,500 new entries, more information on first known usages, a new introduction and two expanded indexes. It will appeal to those interested in cultural history and the English language.

Analyzes what is wrong with the modern diet, shares healthful recipes, provides advice on selecting and preparing food, and recommends an exercise program. The quintessentially English cricket commentator, writer, oenophile, bon viveur, collector and national treasure,

fondly known as “Blowers”, tells his riveting life story. Advances in Food and Nutrition Research recognizes the integral relationship between the food and nutritional sciences and brings together outstanding and comprehensive reviews that highlight this relationship. Contributions detail the scientific developments in the broad areas of food science and nutrition, and are intended to ensure that food scientists in academia and industry as well as professional nutritionists and dietitians are kept informed concerning emerging research and developments in these important disciplines. Series established since 1948 Advisory Board consists of 8 respected scientists Unique series as it combines food science and nutrition research

A vibrant history of Florida’s horticultural heritage and the colorful personalities who made the state synonymous with citrus. In the 16th century, Ponce de León planted the first orange groves in St. Augustine, Florida. They were the precursor to what would become an integral part of Florida’s identity. Orange groves slowly spread across the state, inspiring agricultural innovations and manufacturing ingenuity. Now Florida food writer Erin Thursby reveals the surprisingly colorful history of Florida’s most famous crop. Discover the story behind Deland’s eccentric “citrus wizard” Lue Gim Gong; the rise and fall of smuggler Jesse Fish; and the silver-tongued politician William J. Howey, who made his fortune selling plots of groveland through the 1920s. Celebrate the heyday of orange tourism and the farmers who weathered freezes, floods and citrus greening. From the old roots of orange cultivation in Northeast Florida to

the new center of oranges in the Southwest, Thursby offers a unique historical tour of the Sunshine State. "Homemade cocktails - no bootlegging required! Ever tasted a Thai basil martini, rhubarb margarita, or preserved lemon vodka tonic and wondered, "How'd they do that?" This is your complete guide to making infused liquors, cordials, bitters, and cocktails from fresh, delicious ingredients at home. Learn how to combine fresh produce and other botanicals with the liquor you have at home, and you'll never need to beg the bartender for the recipe again. Inside, you'll find:- 50 unique cocktail recipes from an expert "garden-to-bar" mixologist- Step-by-step instructions and photos for all stages of the distilling and infusion process - never miss a detail or a finishing touch!- Tips on how to make the most of your ingredients: enhancing flavor, color, and presentation!"--

**\*OFFICIALLY LICENSED BY THE MAKERS OF THE INSTANT POT!\*** 175 must-have recipes for everyone's favorite cooking appliance—the Instant Pot—perfect for fast, delicious meals the whole family will love. Discover how easy cooking can be with the versatile Instant Pot that serves as everything from a pressure cooker to a sauté pan to a yogurt maker. The fast, programmable, and energy-efficient appliance makes it quick and easy to whip up any of these delicious, satisfying recipes in just minutes! This essential cookbook provides 175 appetizing, flavorful recipes from breakfast through dinner including: –Bacony Poblano Hashbrowns –Moroccan Lamb Stew –Bourbon Barbeque Chicken Thighs –Double Chocolate Cheesecake With dishes to



suit every dietary need from vegetarian to gluten free, there's something for everyone in this collection of Instant Pot recipes. Featuring an introduction to the Instant Pot's features and tips for the best cooking results, soon you'll be using your Instant Pot for every meal!

When Elizabeth von Arnim anonymously published her debut *Elizabeth and Her German Garden* (1898), she became a literary star overnight. The mystery surrounding the identity of this witty aristocratic diarist in her romantic garden kept readers guessing: Who was Elizabeth? A Prussian Princess? The daughter of Queen Victoria? Throughout her long and successful career as one of England's best satirical novelists, von Arnim never officially revealed her identity. Instead, to her readers and friends she simply became known as "Elizabeth." From her first book to her capricious autobiography *All the Dogs of My Life* (1936), throughout her career von Arnim would explore questions of identity and self-representation. And in spite of von Arnim's love of masquerades and guises, her books include funny and surprisingly personal meditations on the challenges of being a woman writer wrestling with a masculine literary tradition, of taking pride in one's commercial success while moving in Modernist circles, and of being both a hard-working professional and an elegant hostess. In tracing the conflict between femininity and authorship in von Arnim's works, this book engages with key literary issues of the time. Von Arnim's early books offer a witty critique of New Woman fiction. Von Arnim's self-positioning on the literary market and her

relationships with writers like Katherine Mansfield, Henry James, and Virginia Woolf shed light on the relationship between middlebrow and modernist literature. Von Arnim's complex autobiography, finally, gives a tentative answer to the all-important question: can a writing woman be a lady?

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