

# Complete Book Of Squash A Hyperion Book

Roe Osborn's first book, *Framing a House*, tackled the complex art of house framing. Now, in this follow-up volume, he lays out all the steps and instruction required to complete the inside. The timing of each step is critical and it's important to understand what needs to be done first. Whether finishing one room or the whole house, this highly illustrated reference demystifies the process and follows a logical progression from installing insulation and drywall to hanging cabinets and doors to putting down floors and running trim. Each chapter begins with the question: Should I tackle this step myself? The pros and cons of hiring someone are then discussed. Applicable both for new construction and remodels and with 400 photographs and 20 drawings, this book shows DIYers how to make a house their own.

Food processing is the transformation of raw ingredients into food, or of food into other forms. Food processing typically takes clean, harvested crops or butchered animal products and uses these to produce attractive, marketable and often long shelf-life food products. Benefits of food processing include toxin removal, preservation, easing marketing and distribution tasks, and increasing food consistency. In addition, it increases yearly availability of many foods, enables transportation of delicate perishable foods across long distances and makes many kinds of foods safe to eat by de-activating spoilage and pathogenic micro-organisms. Processed foods are usually less susceptible to early spoilage than fresh foods and are better suited for long distance transportation from the source to the consumer. The extremely varied modern diet is only truly possible on a wide scale because of food processing. Food Dehydration is a

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method of food preservation that works by removing water from the food, which inhibits the growth of microorganisms. The dehydration process has to check various parameters like heat-mass transfer, atmospheric pressure, equipments suitable for drying etc. to ensure suitable dehydration of food. Food processing techniques have to take measures on to maintain food safety and control risks and hazards associated with food processing. The book includes dehydration process of Onion, roasting of coffee beans, development process of Guava squash, preparation of fried potato chips, processing of rice, butter and margarine, canning of chilies Plums, processing and preservation of jack fruit, characteristics of sweetened dahi, cereal grains, instant chutneys from pudina and gongura, starch isolated from potato tubers, coating of cashew kernel baby bits, ripening changes in mango fruits, mechanical and thermal properties of maize, storage of basmati rice under carbon dioxide-rich atmosphere, effect of different varieties of soya bean on quality of paneer, analysis of menthol content in pan masala samples, preparation of dehydrated potato cubes, quality evaluation of raw dried mango slices khatai and mango powder amchur, packaging and storage of biscuits containing finger millet flour, storage effect on microbial safety of potato flour, processing and quality evaluation of ready-to-eat watermelon nectars etc. The book is highly recommended to new entrepreneurs, existing units who wants to get more information of processing of fruits and vegetables.

This year's heirloom tomato is a melon! Acclaimed gardener Amy Goldman, known to viewers of Martha Stewart and PBS, is a dedicated seed saver working to preserve fast-disappearing varieties of heirloom melons. Her book, *Melons for the Passionate Grower*, is a celebration of the speckled, bumpy, oh-so-sweet world of the melon—from Minnesota Midget and Georgia Rattlesnake to Ali Baba and Sweet

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Siberian. Here she profiles more than one hundred varieties, each showcased in a full-color photographic still life recalling eighteenth- and nineteenth-century botanical paintings and engravings. Goldman also offers expert advice on cultivating and selecting your own melons, as well as the rudiments of seed saving.

The Compleat Squash A Passionate Grower's Guide to Pumpkins, Squash, and Gourds Artisan Books

"Provides a practical approach to gardening for the novice to intermediate gardener. Includes plant species descriptions, time-saving techniques and regional information for the Lower Midwest states"--Provided by publisher.

The first comprehensive history of squash in the United States, *Squash* incorporates every aspect of this increasingly popular sport: men's and women's play, juniors and intercollegiates, singles and doubles, hardball and softball, amateurs and professionals. Invented by English schoolboys in the 1850s, squash first came to the United States in 1884 when St. Paul's School in New Hampshire built four open-air courts. The game took hold in Philadelphia, where players founded the U.S. Squash Racquets Association in 1904, and became one of the primary pastimes of the nation's elite. *Squash* launched a U.S. Open in 1954, but its present boom started in the 1970s when commercial squash clubs took the sport public. In the 1980s a pro tour sprung up to offer tournaments on portable glass courts in dramatic locales such as the Winter Garden at the World Trade Center. James Zug, with access to private archives and interviews with hundreds of players, describes the riveting moments and sweeping historical trends that have shaped the game. He focuses on the biographies of legendary squash personalities: Eleo Sears, the Boston Brahmin who swam in the cold Atlantic before matches; Hashim Khan, the impish founder of the Khan dynasty; Victor Niederhoffer, the son of a Brooklyn cop;

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and Mark Talbott, a Grateful Dead groupie who traveled the pro circuit sleeping in the back of his pickup. A gripping cultural history, Squash is the book for which all aficionados of this fast-paced, exciting game have been waiting.

India is an agricultural-based economy and is the largest producer of fruits and vegetables in the world. Fruits & vegetables, being perishable in nature require certain techniques of preservation for retaining the quality and extend the self-life of the production. The estimated annual production of fruits and vegetables in the country is about 130 million tonnes. The cold storage & cold chain facilities are the prime infrastructural component for such perishable commodities. Cold storage is a temperature – controlled supply chain network, with storage and distribution activities carried out in a manner such that the temperature of a product is maintained in a specified range, needed to keep it fresh and edible for a much longer period than in normal ambient conditions. A cold chain can be managed by a quality management system generally called as warehouse management. India's warehousing requirement is expected to grow at an annual average rate of 9%. The Indian Government focus on incentivizing the manufacturing sector is the key to growth of warehousing. With the growth of the domestic manufacturing and retail segments, the demand for efficient warehouse management service has improved. Investment in warehouse can provide an opportunity of realizing returns in the range of 12%-20% per annum to investors willing to explore this sector. The current scenario reveals that there is a tremendous scope for the development of cold chain facilities. The cold chain industry is recognized as a sunrise sector in India and is expected to offer significant opportunities in the near future. Developing an integrated supply chain, including cold chain can save up to 300 billion annually and at the same time reduce the wastage of

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perishable horticulture produce. This handbook is designed to provide a thorough understanding and analysis of the cold chain industry and warehouse management. Also it contains addresses of plant & machinery suppliers with their photographs. The major content of the book are controlled atmosphere storage, types of cold storage, thermal insulation & refrigeration system, refrigeration, food storage guidelines for consumers, bananas cold storage, cold storage plant-automation, absorption refrigerator, cold chain, growth of cold storage industry, cold chain and refrigeration, shipping containers, cold chain monitor, warehouse, nabard warehousing scheme, rural godowns, solar powered cold storage, addresses of plant and machinery suppliers, sample plant layouts and photographs of machinery with suppliers contact details. It will be a standard reference book for professionals, entrepreneurs, food technologists, those studying and researching in this important area.

Tijdens de roerige nadagen van het apartheidsbewind is een klein meisje op een afgelegen boerderij in Noord-Transvaal er getuige van hoe haar moeder na het vertrek van haar man ten onder gaat aan depressie en waanzin.

A collection of poems based on Richard Millman's thirty years of playing, coaching, and supporting the game of squash.

With increasing growth faults and postural defects among children, application of corrective physical education becomes more significant as the regular type of physical education programme and activities will not meet out safely the physical and psychological needs of weak and underdeveloped

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children as the normal boys and girls will do. The book "Complete Book on Correctives, Therapeutic Exercise, Sports Injuries, and Massage" is divided into 5 sections and 19 chapters containing various aspects of corrective physical education, postural defects, therapeutic exercise, rehabilitation, prevention and treatment of sports injuries, common therapeutic modalities, and various aspects of massage and the description of massage techniques. Written in a simple and easy language, with plenty of illustrations, the book is mainly intended for use as a text book and also as a reference book for the teachers, and undergraduate and postgraduate students of physical education and sports (B.P.Ed. & M.P.Ed.) for most of the Indian Universities. However, the students and professionals of coaching, Fitness management, physiotherapy and other allied health professions having interest and concern with the subject material may also find it useful to them.

The most thorough work ever published on making and caring for fishing tackle.

The Complete Guide to Northwest Coast Gardening takes a practical how-to approach to gardening that shows the novice to intermediate home gardener exactly how to get started. Customized for readers who live in northern California, western Oregon, western Washington and southwestern British Columbia, the book features all the vegetable and

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ornamental plants that are most popular in this region. Beautiful photos and detailed information make this complete book a must-have for budding gardeners.

Provides directions for preserving fruit, vegetables, and meat using the methods of pickling, freezing, bottling, drying, salting, and curing.

Are you looking for ways to include more vegetables in your diet, but need ideas for dishes that the whole family will love? Why not give squash a try and check out this cookbook full of delicious recipes!

Squash is a healthy part of a balanced diet and is full of essential nutrients such as Vitamins A & C, riboflavin, and iron. There are many different varieties of squash that lend a diverse array of tastes and textures to any dish, including summer, spaghetti, butternut, acorn, and winter squash, to name a few. The Scrumptious Squash cookbook brings you 30 amazing recipes featuring squash, including flavor recommendations and tutorials on how to prepare different varieties. From breakfast to lunch, appetizers, dinner, side dishes, and more, the Scrumptious Squash cookbook will show you how to enjoy squash with any meal! Featured recipes include: \* Butternut Squash Breakfast Burrito Bowl \* Egg & Squash Breakfast Tacos \* Summer Squash Saute \* Orange Ginger Acorn Squash \* Squash Hummus \* Butternut Squash Salad \* Yellow Squash Chili Boats \* Butternut Squash Sweet Muffins \* Thai

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Squash Curry ...and more! Grab your copy of the Scrumptious Squash cookbook today, and discover a brand new, more delicious way to eat your veggies!

Provides information on hundreds of healing agents--including herbal remedies, vitamins and minerals, medications, and nutrition--for more three hundred diseases and medical conditions, including allergies, hypertension, diabetes, arthritis, and more. Reprint.

Food dehydration is not just for prunes and raisins any more; A recent study in the United States revealed that the dried and dehydrated food industry made more than \$6 billion in revenue in 2009 alone. Thanks to advances in technology, dehydrating foods at home has become easier than ever, allowing you to lock in food's nutritional value while eliminating the water content that causes foods to grow bacteria and mold. Drying foods also gives you a source of raw, nutrient-rich food that is easily available and requires no additional preparation. The Complete Guide to Drying Foods at Home provides you with all the information necessary for drying fruits, vegetables, meats, herbs, grains, and even dairy products. This book will provide you with instructions on how to dry foods using a food dehydrator and will also offer you simpler alternatives for how to dehydrate foods using an oven, microwave, or even the sun. You will learn what equipment you need to get started and how to properly store your food to ensure optimal freshness. This book also provides you with recipes for any meal of the day, whether you are looking for an easy breakfast alternative or a quick soup you can prepare for lunch. You will even learn how to prepare foods for young children and pets. Drying your foods will not only provide you with time-saving option for ways to prepare your meals, it will also allow you to reduce the

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amount of food you throw out each month. Researchers at the University of Arizona found that the average family wastes 14 percent of their food purchases; learning how to dehydrate and store dry foods can ensure the money you spend on groceries will not be thrown out with the trash. We have spent hundreds of hours interviewing dozens of experts who will provide you with all the information you need to start dehydrating your foods. We've spoken with nutritionists and busy parents who advocate drying foods as a way to save time and still prepare healthy meals. This book is filled with delicious recipes and practical tips to help you and your family enjoy the economic and health benefits that dehydrated foods offer. Whether you are looking for money-saving dinner options or a quick recipe for a high-protein trail mix, *The Complete Guide to Drying Foods at Home* offers you all the information you need to start cooking and eating smarter. Offering a complete roadmap to all the game has to offer, this resource offers practical advice ranging from the best age to get your kid started in squash, to pursuing a career in professional squash, to finding ways squash players can give back to their communities.

Kids will love this playful story of a unique fall friendship between a girl . . . and her squash! On a trip to the farmers' market with her parents, Sophie chooses a squash, but instead of letting her mom cook it, she names it Bernice. From then on, Sophie brings Bernice everywhere, despite her parents' gentle warnings that Bernice will begin to rot. As winter nears, Sophie does start to notice changes.... What's a girl to do when the squash she loves is in trouble? The recipient of four starred reviews, an Ezra Jack Keats New Writer Honor, and a Charlotte Zolotow Honor, *Sophie's Squash* will be a fresh addition to any collection of autumn books.

Describes the propagation, planting, harvesting, and storage

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of fruits and vegetables and gives advice on starting new plants, planning a garden, and using compost

College students face a number of stigmas when they first leave home and start living on their own. From not having their parents nearby to help clean and answer questions to being responsible for their own cooking and cleaning, the move from High School to College can be a bit of shellshock for many teenagers. Nowhere is this more apparent than in their eating habits, where many college students experience a great deal of downward digression. A recent study, published in the Nutrition Journal, found that one in four freshman gain at least 5 percent of their body weight, an average of about 10 pounds, during their first semester. All of this can be avoided though with healthy cooking and an eye for good choices. This book was written to provide every college student just learning to cook for themselves with viable, affordable alternatives to pizza and ramen. Every college student will learn the basics of what it is they need to be focusing on in their diets after leaving home. Starting with a basic discussion and introduction of nutrition and what the body needs on a daily basis, you will learn additionally which foods and nutrients are best for improving your mental acuity as well as your sleep each night. You will learn the importance of fluids and proper nightly sleep to supplement your diet and will be given a list of different ailments and problems that might develop should these issues be ignored or overlooked. Health professionals and college life experts have been interviewed and have provided their insight into what foods and lifestyle changes can be made for college students to keep them as healthy as possible. You will learn the basics of the right ingredients, what you should always avoid and why the occasional meal out will not kill you. You will learn how to avoid gaining all that extra weight and finally some of the top recipes currently available for quick, healthy

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cooking and how you can use these, regardless of whether you are stuck in a dorm room or your parents basement. The key to healthy living for college students is in a good diet, and this book will provide everything you need to maintain that. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

The idea of companion planting has gained popularity in the gardening community as a viable take on how gardeners should grow and cultivate their plants. Pairing certain plants together and making sure others are separated can create beneficial relationships for all your plants. Whether you are planting tomatoes and onions or carrots and corn, properly pairing plants can have a major impact on your harvest and the quality of your vegetables. *The Complete Guide to Companion Planting: Everything You Need to Know to Make Your Garden Successful* shows you everything you need to know to effectively pair your crops to ensure you get the most out of every seed. You will learn the basics of crop rotation and how the Iroquois first used companion planting to improve their harvests. You will learn how to work with natural conditions in your garden and which pairings will give you the best produce and the most vibrant flowers. You will learn about how to prepare your garden and how to create an easy-to-follow gardening schedule. This book teaches you the best

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— and worst — companions for annuals, perennials, fruits, vegetables, shrubs, and vines. We've interviewed several gardeners who use companion planting and have seen the difference it makes compared to standard gardening practices. This book offers you top tips and methods for this style of gardening, as well as information about which plants bring beneficial insects and which ones keep pests away. The Complete Guide to Companion Planting will give you everything you need to know to plot out and plant your perfect garden.

Bring the authentic cuisine of Japan to your own home with these master recipes that highlight the elegant simplicity of Japanese cuisine. Every aspect of Japanese cooking is here in an easy-to-follow format: soups, rice, sushi, tempura, noodles, sukiyaki, teriyaki, noodles, pickles, desserts, beverages and more. In addition to recipes The Complete Book of Japanese Cooking includes menu plans and a complete glossary of Japanese cooking terms and methods. An informative introduction explains the traditions of Japanese cuisine and line drawings illustrate precisely how Japanese foods are prepared, what special ingredients look like, and the proper culinary equipment to use in their preparation. This is the cookbook for anyone who enjoys the simple, fresh and beautifully presented foods of Japan, and is the ideal introduction for those who have yet to taste its delights.

Detailed instructions on how to plant, cultivate, harvest, and propagate a variety of pumpkin,

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squash, and ornamental gourd varieties are accompanied by more than 150 glorious color photographs, horticultural tips, and delicious recipes. "Wise old man, won't you help me, please? My house is a squash and squeeze." A little old lady lives all by herself but she's not happy - her house is just too small, even for one. Whatever can she do? The wise old man knows: bring in a flappy, scratchy, greedy, noisy crowd of farmyard animals. When she pushes them all out again, she'll be amazed at how big her house feels! The brilliantly funny *A Squash and a Squeeze* was the first ever picture book written and illustrated by the unparalleled picture-book partnership of Julia Donaldson and Axel Scheffler, creators of *The Gruffalo*. This handy board book format is perfect for younger readers. It features the classic story with a stunning new cover design and beautiful finish, making it a must-have for even the smallest Donaldson and Scheffler fans! Also available in board book format and with striking new cover designs are *The Gruffalo*, *The Gruffalo's Child*, *Room on the Broom*, *The Snail and the Whale*, *The Smartest Giant in Town*, *Monkey Puzzle* and *Charlie Cook's Favourite Book*.

ADDA 247 has been consistently working to make the word "SUCCESS" a true companion to all the banking aspirants. As the year 2019 has just marked its presence, we are delighted to announce that ADDA 247 is launching – "A Complete Book on

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Puzzles & Seating Arrangement New Edition (eBook/pdf.). Puzzles are an important part of the Reasoning Section, the one that you cannot escape from. It is the topic that dominates the Reasoning Section of all sorts of banking exams. So many other miscellaneous topics too are now being asked in the form of puzzles. The number of questions being asked on puzzles ranges from 60 to 65 per cent of the total number of questions in the Reasoning Section. So it is now very obvious that the strategy of ignoring questions based on puzzles, thereby solving other questions won't be working anymore as neglecting questions on puzzles can risk the likelihood of you clearing the sectional cut off or scoring satisfactory marks in the Reasoning Section. It is already known to all the aspirants that Puzzles & Seating Arrangement form the most important part of the Reasoning Section for SSC CGL & CHSL as they carry the highest weight among the other topics. So, considering all the significance that these portions carry, this ebook would provide all the necessary help and guidance in clearing reasoning related to puzzles & seating arrangements smoothly. Create 37 figures with clear, step-by-step instructions and helpful diagrams. Simple to advanced objects include rocket, mouse, elephant, violinist, Viking ship, and many more.

"Provides a practical approach to gardening for the novice to intermediate gardener. Includes plant

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species descriptions, time-saving techniques and regional information for Minnesota, Wisconsin, Iowa, Northern Michigan and Southwestern Ontario"--Provided by publisher.

Not everyone has the benefit of a plot of land where they can create a garden. In fact, almost 25% of city homeowners lack the yard space needed to cultivate and grow a decent sized garden (according to Seattle Lawn and Garden) meaning more and more people interested in harvesting flowers, vegetables, and herbs are turning to containers. The options provided by containers are plentiful, from bringing your tomato plants inside during the winter to being able to rearrange them if you are doing construction or playing a game outside. But, getting crops to grow effectively in containers is another matter entirely.

This book will provide every potential container gardener with the necessary steps and resources needed to grow their very own crops to thrive in any conditions. From the very outset, you will learn about how vegetables, flowers, and herbs grow naturally charts will provide you with a detailed breakdown of how plants grow and what they need to grow effectively, from root space to water consumption. Companion planting for small spaces will show you how the plants will survive with other plants in the same container and which plants can even be placed in confined spaced and survive. The basics of container planting, including the best single plant

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containers, two, three, and four plant combinations are provided to help you decide how to lay out your container garden. The top gardeners were contacted and interviewed, providing highly insightful information that guides you through how container potted plants grow and thrive. You will learn the basics of side planted containers and how succulents perform in these closed spaces. The best container plants are listed in order along with the necessary tools they need to survive. The best container sizes, soil types, fertilizer, climate information, and pest prevention methods are all given as well to help round out your container planting. Regardless of your needs or methods, this guide will take you through every step necessary to get your container plants growing and thriving.

Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or

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companies discussed.

Complete book of squash rules.

Presents 250 soup recipes and fifty stew recipes, gather from around the world and supplemented by personal anecdotes and historical notes

Fully supported by Allergy UK. This book is a wonderful collection of gluten-free and dairy-free recipes, showing how you can avoid these ingredients while still enjoying appetizing and healthy food. The selection includes soups, salads, fish, meat, and vegetarian dishes, and a surprisingly large selection of breads, cakes, pastries, desserts and drinks - over 200 delicious recipes in all. You will also find essential information on the differences between classical allergy and intolerance, diagnosis and treatment of allergies and particular deficiencies and sensitivities - as well as foods and drinks to avoid.

Scientist/gardener Carol Deppe combines her passion for organic gardening with newly emerging scientific information from many fields — resilience science, climatology, climate change, ecology, anthropology, paleontology, sustainable agriculture, nutrition, health, and medicine. In the last half of *The Resilient Gardener*, Deppe extends and illustrates these principles with detailed information about growing and using five key crops: potatoes, corn, beans, squash, and eggs. In this book you'll learn how to:

- Garden in an era of unpredictable weather

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and climate change •Grow, store, and use more of your own staple crops •Garden efficiently and comfortably (even if you have a bad back) •Grow, store, and cook different varieties of potatoes and save your own potato seed •Grow the right varieties of corn to make your own gourmet-quality fast-cooking polenta, cornbread, parched corn, corn cakes, pancakes and even savory corn gravy •Make whole-grain, corn-based breads and cakes using the author's original gluten-free recipes involving no other grains, artificial binders, or dairy products •Grow and use popbeans and other grain legumes •Grow, store, and use summer, winter, and drying squash •Keep a home laying flock of ducks or chickens; integrate them with your gardening, and grow most of their feed. The Resilient Gardener is both a conceptual and a hands-on organic gardening book, and is suitable for vegetable gardeners at all levels of experience. Resilience here is broadly conceived and encompasses a full range of problems, from personal hard times such as injuries, family crises, financial problems, health problems, and special dietary needs (gluten intolerance, food allergies, carbohydrate sensitivity, and a need for weight control) to serious regional and global disasters and climate change. It is a supremely optimistic as well as realistic book about how resilient gardeners and their vegetable gardens can flourish even in challenging times and help their

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communities to survive and thrive through everything that comes their way — from tomorrow through the next thousand years. Organic gardening, vegetable gardening, self-sufficiency, subsistence gardening, gluten-free living.

The latest and greatest methods for veganising anything using more natural, plant-based ingredients.

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