



# **Follow Your Nose to the Best Fruit!: What You Need to Know about Buying, Keeping and Using Fruit**

*Gerhard J. Haas*

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Dr Haas urges us to 'use our nose' to choose the best fruit and become a fruit expert. As well as recommending the use of aroma as a test of a fruit's ripeness, the author aims to give us insights into his extensive knowledge of fruit: from apples to strawberries via mamaey sapotes and quinces.


Here you can learn about the history of the growing of fruit; the different amounts of vitamins and minerals predominant in which fruit; when to buy and not to buy; storage and ripening times; the varieties and their seasons. Each fruit is described in terms of characteristics, benefits and in some cases warnings for allergies and adverse reactions.

For some new ideas in cooking with fruit, he has gathered recipes from friends and family around the world. The book is lavishly illustrated with color photographs and charts, and with artwork from his daughter-in-law.

After a lifetime of science in the food and beverage industry, Dr Gerhard Haas is uniquely qualified to pass on his insights, his knowledge, and his passion for what he calls "these wonderful delicacies," and we are proud to present an interesting and useful book for everyone who cares about nutrition.

Until recently Dr Haas was a visiting research professor of biological sciences at Fairleigh Dickinson University.

In February 2013 Dr Haas was honored for 30 years of service on the Woodcliff Lake Board of Health and he said: "I have stayed healthy by being a food enthusiast." See the newspaper article [here](#).

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