



Grow Harvest Cook: 280 Recipes from the Ground Up

Meredith Kirton, Mandy Sinclair

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The essential companion for anyone wanting to grow, harvest, and cook their own produce. Once upon a time, having pumpkins growing rampant at the back fence and hens sitting protectively on their eggs was a common experience for many people. However, today the reliance on packaged food has seen the loss of this vital link between patch and plate. *Grow Harvest Cook* is about rekindling the thrill of a home harvest, the fulfillment of a pantry stocked with homemade goodness, and the joy of sharing a lovingly prepared meal made with your own produce.

Grow Harvest Cook is an essential companion, whether you have a small urban garden or are looking to establish a substantial kitchen garden for your home. This stunning 400-page book takes the reader through more than ninety types of produce—from almonds to oranges to zucchini—providing simple information about growing conditions and harvesting tips, ideas for making the most of your produce, including preserving, drying, and freezing, and fresh and simple recipes to make all year round. Alphabetized for easy reference, each page is filled with gorgeous full-color photographs of the produce and the recipes. Food never tastes better than when you've grown and prepared it yourself! *Grow Harvest Cook* will inspire you to green your thumb, don your apron, and share your own good food with friends and family.

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