

Garden Feast



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It's been a dream of mine to write this book and bring together the two things I'm most passionate about-gardens and food.Horticulturalist, gardening writer and tv presenter Melissa King invites you to join a feast in which the garden provides inspiration for mouthwatering meals based on fresh seasonal ingredients.Melissa introduces us to a world of fruits and vegetables never seen in the shops, with a particular focus on heirloom varieties which have been lovingly preserved by generations of gardeners. From the rich, sweet flavour of the charcoal-fleshed Black Russian tomato to the deliciously tender pods of the Purple King bean, from the juicy tang of the Australian rainforest native Finger lime to the luscious melt-in-your-mouth texture of the Red Noonan peach, the spectacular colours and flavours are a true feast for the eyes and the tastebuds.Detailed, practical information for the gardener on everything from climate and soil type to watering and harvesting means everyone can enjoy these reliable, productive, easy-to-grow garden treasures.As each chapter moves from the garden to the kitchen, there are simple-and simply delicious- recipes which have been specially designed to showcase the natural flavours of garden-fresh produce. With

additional features on the health and nutrition benefits and creating gardens in small spaces, a guide to bottling and preserving, and information on complementary herbs, this is an essential reference for the gourmet gardener. A sumptuous book full of colour, texture and flavour, Garden Feast will delight the senses.

作者介绍:

目录:

[Garden Feast_下载链接1](#)

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