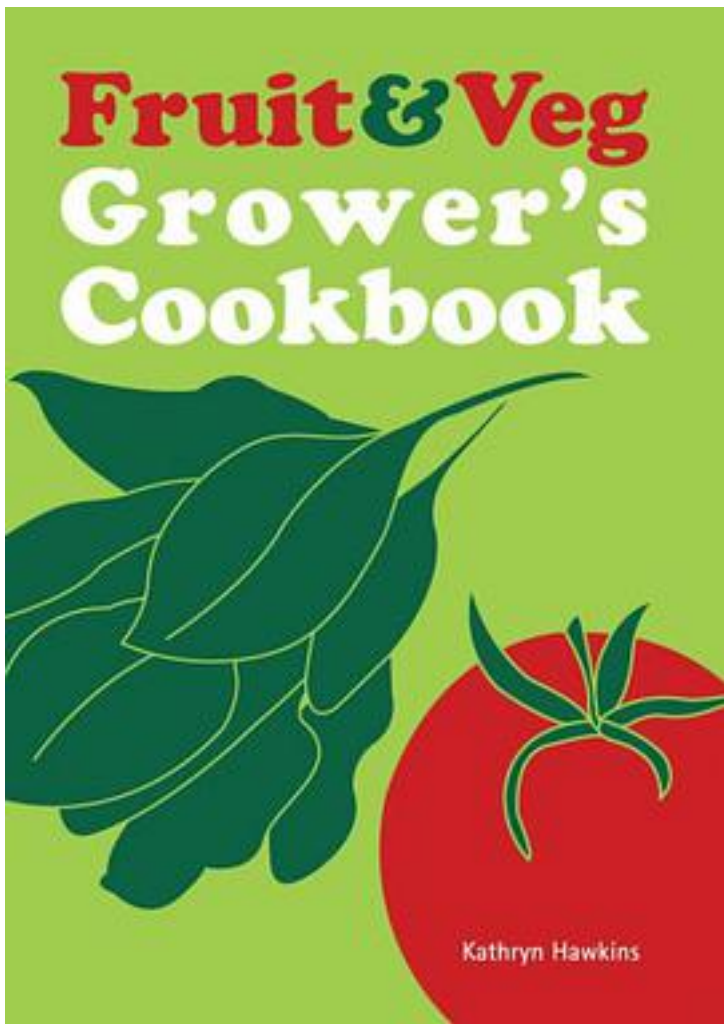


# The Fruit and Veg Grower's Cookbook



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Growing your own fruit and vegetables is so satisfying and you don't need a large

garden or allotment to do so. This book is for all those who want to grow and then cook their own produce and have a garden, allotment or a little bit of outdoor space. Broken down into various chapters, such as Bulb vegetables, Root vegetables, Leaf vegetables, Peas and beans, Marrow and squash, Shooting vegetables, Fruiting vegetables, Herbs, Mushrooms and fungi, Orchard fruit and Soft fruit, there is something for everyone. Each entry includes an at-a-glance timetable showing time of year for planting, principle care instructions and harvesting times, along with different varieties, growing techniques, information on pests and diseases, storage, preparation, and freezing or preservation techniques. Next comes a recipe section, featuring 60 recipes offering a wide range of cooking techniques and types of dish to make the most of the fruits of your labours. Soups, starters, light meals and salads, main meals, accompaniments, and desserts and puddings all feature. As well as full ingredients, preparation and method instructions, each recipe will include freezing and reheating instructions where applicable.

作者介绍:

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