

# Riverford Farm Cook Book



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'What we like most is to produce foods ourselves from start to finish -- from farm to table, the Riverford way. Food should tell a story and, because we know what it is, we can tell you.' Guy Watson began farming at Riverford in 1985 on three acres of land on the Watson family farm based in Staverton, South Devon. With the land fully converted to organic status in 1987, Guy began delivering his vegetables to local shops, including his brother's farm shops. With a locally successful box scheme, home delivery was the next logical step, with local distributors setting up to operate the home delivery box scheme in individual locations, with all the vegetables being packed at Riverford Farm. Riverford has now become one of the country's largest independent growers, certified by the Soil Association. This book charts the rise of Riverford and ethical eating, the new concern for 'food miles' and local food production, and is a must-have guide to growing, sourcing and using the best-quality produce in the most effective and environmentally aware manner.

作者介绍:

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