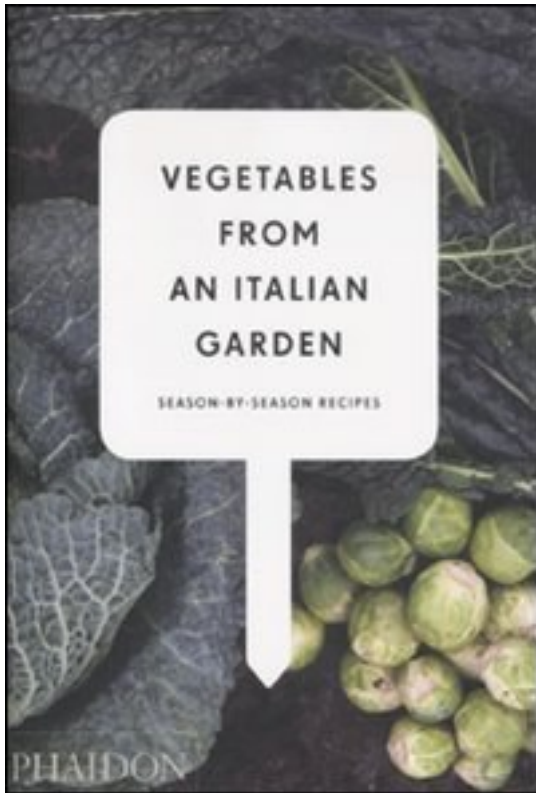


# Vegetables from an Italian Garden



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出版者:Phaidon

出版时间:2011-4-1

装帧:Hardcover

isbn:9780714860800

A season-by-season guide to cooking vegetables the Italian way Contains more than 400 authentic, delicious and good-value vegetable recipes from the Silver Spoon kitchen. Organised by season, recipes are accompanied by specially commissioned photographs and short texts discussing every vegetable Cooking with vegetables is the perfect way to eat healthily, economically, locally and sustainably. Includes advice about vegetable varieties, storage and preparation, a seasonal calendar and how-to-grow tips to help you get the best from every season.

作者介绍:

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