

Home-Grown Harvest

Ryland Peters & Small

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There is nothing as satisfying as growing your own produce - home-grown fruit and vegetables, picked and used at the height of freshness, are more tasty and nutritious than any supermarket offerings. Home-grown Harvest is a celebration of the bounty you can grow in your garden or even windowbox. Cultivating your own fruit and vegetables does not have to mean eating the same dishes days in a row to use up produce. Instead, this book will show you how to use creatively what you grow in an array of exciting combinations. Simply organised, each vegetable or fruit is the star of its own chapter, providing a wealth of different recipes to use up any gluts you may have (from the garden or a trip to the farmers' market). From fresh dishes such as Triple Tomato Risotto with Basil or Strawberry Tiramisù, to preserves and chutneys, which can be stored for future use, each recipe is selected because it is rich in fresh produce. With handy quick-reference guides and tips and hints for preparing vegetables, *Home-grown Harvest* is an invaluable guide to cooking seasonally and eating very well indeed.

- More and more people are growing their own vegetables at home, to avoid pesticides, save money and lead a healthier lifestyle.
- Smartly organised with quick reference guides and handy tips and hints for cooking with fruit and vegetables throughout.



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