

[PDF Download] Grow, Cook, Nourish Full eBook

Information:

Author: *Darina Allen*

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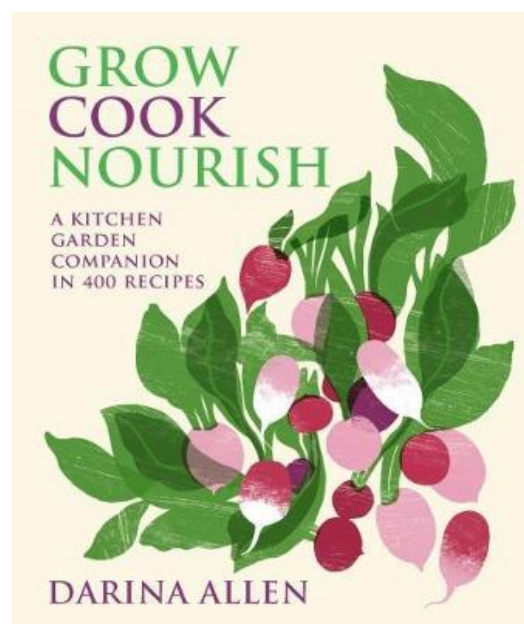
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Book Synopsis:

Growing your own food is exciting but, when it comes to knowing how to make the most of your produce, it can be daunting. In *Grow, Cook, Nourish*, bestselling author Darina Allen draws on more than 30 years of experience gardening at Ballymaloe to take you through an extensive list of vegetables, herbs and fruits. Each entry includes explanations of different varieties, practical information on cultivation, growing and maintenance, plus instructions for the best ways to cook produce as well as preserve and utilise a glut. With more than 500 recipes, including dishes for every ingredient, Darina shows how to use your harvest to its full potential. Vegetables range from annual crops such as chicory, radishes and kohlrabi to perennials like asparagus and spinach. Fruits cover apples, currants and peaches as well as the more unusual and interesting myrtle berries, loquats and medlars. Plus a comprehensive list of herbs, edible flowers and foraged foods such as samphire, wild garlic and blackberries.

Related info:

Review quote

Darina's beautiful and unpretentious vision of cooking is connected to the land. -- Alice Waters There's not much this gourmet grande dame doesn't know.' -- Nigel Slater * Observer Food Monthly *

About Darina Allen

Darina Allen is Ireland's best-known food ambassador and the bestselling author of Ballymaloe Cookery Course and Forgotten Skills of Cooking, which won the prestigious Andre Simon award in 2009. She campaigns for local produce, set up Ireland's first farmers' market and is on the board of The Soil Association. She has won many awards including the Guild of Food Writers' Lifetime Achievement award in 2013.