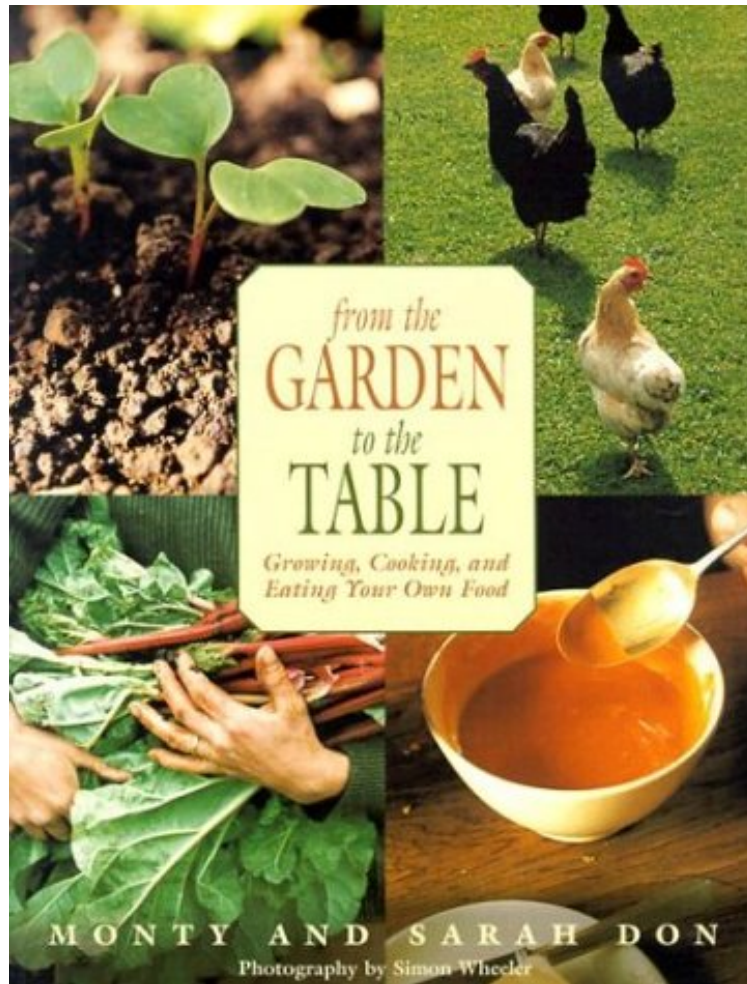


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From the Garden to the Table: Growing, Cooking, and Eating Your Own Food

Monty Don, Sarah Don

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Monty Don, Sarah Don : From the Garden to the Table: Growing, Cooking, and Eating Your Own Food before purchasing it in order to gauge whether or not it would be worth my time, and all praised From the Garden to the Table: Growing, Cooking, and Eating Your Own Food:

0 of 0 people found the following review helpful. Directions for both ends of the food spectrum, how ...By Heather Gladney Directions for both ends of the food spectrum, how to grow simply and eat simply. Warning: Book will make you hungry. 8 of 13 people found the following review helpful. A holistic process of planting, growing, harvesting By Midwest Book Review From The Garden To The Table: Growing, Cooking, And Eating Your Own Food is the welcome story of how one the family of gardening experts Monty and Sarah Don grow and cook their own food in a holistic process of planting, growing, harvesting, preparing, and cooking produce from their garden. Beautifully

enhanced with color photography by Simon Wheeler, *From The Garden To The Table* combines detailed instructions on cultivating and cooking a wide variety of vegetables, herbs, and fruits. If you appreciate fresh produce raised by your own labor, have access to a little plot of land that you can convert to a garden, then *From The Garden To The Table* is the book for you!

Nowadays, food is "manufactured," imported, and marketed for convenience and year-round availability. For anyone who knows the difference between a supermarket tomato in January and one fresh from the garden in July, *FROM THE GARDEN TO THE TABLE* is a welcome account of a family's quest to grow and eat their own fruit, vegetables, and herbs. *FROM THE GARDEN TO THE TABLE* celebrates the vital link between growing, cooking, and eating food. For Monty and Sarah Don, the process of preparing a meal begins with thinking about what seeds to buy. Food is grown and cooked in one continuous process and with one common goal-enjoyment. This highly original book contains clear and detailed instructions on how to cultivate and cook a wide range of herbs, vegetables, and fruits. Accompanied by full-color photographs that chronicle a year in their kitchen and garden, it aims to inspire food lovers to integrate their gardens and kitchens wherever they live and whatever their taste in food, as well as promoting a timely and appealing style of living.

"Don has . . . an infectious enthusiasm for his subject, the recipes are sturdy and honorable, and Simon Wheeler's photography is evocatively beautiful."--*Food and Travel*