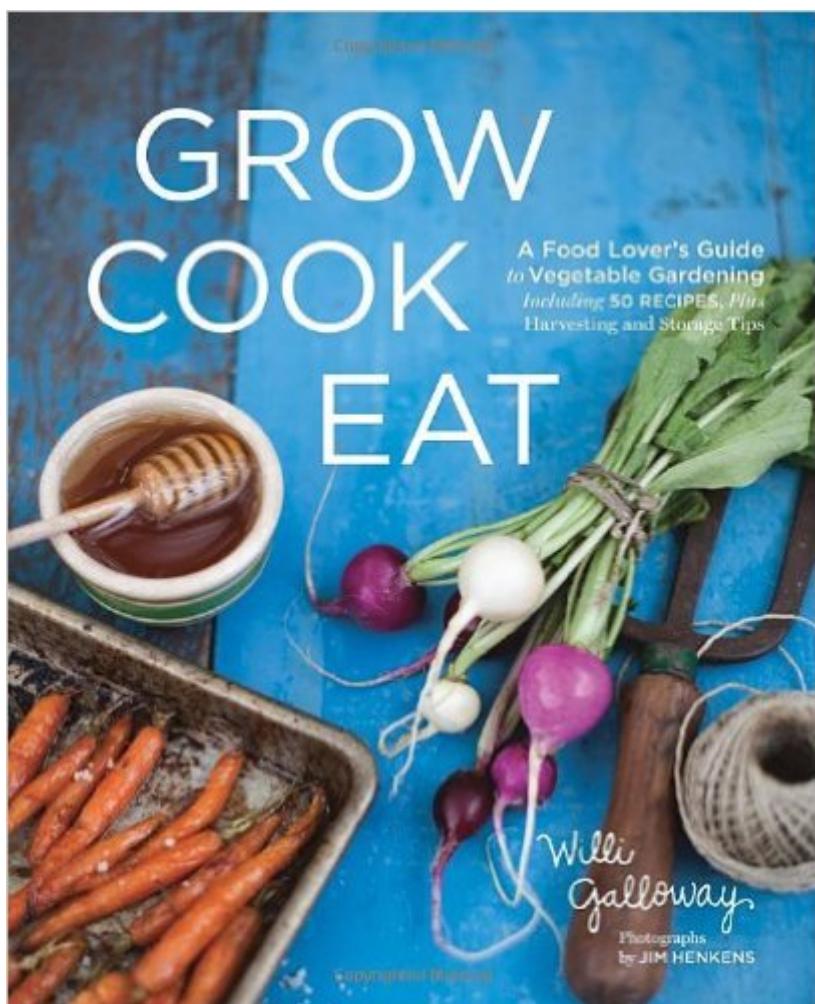


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# Grow Cook Eat: A Food Lover's Guide To Vegetable Gardening, Including 50 Recipes, Plus Harvesting And Storage Tips



## Synopsis

From sinking a seed into the soil through to sitting down to enjoy a meal made with vegetables and fruits harvested right outside your back door, this gorgeous kitchen gardening book is filled with practical, useful information for both novices and seasoned gardeners alike. *Grow Cook Eat* will inspire people who already buy fresh, seasonal, local, organic food to grow the food they love to eat. For those who already have experience getting their hands dirty in the garden, this handbook will help them refine their gardening skills and cultivate gourmet quality food. The book also fills in the blanks that exist between growing food in the garden and using it in the kitchen with guides to 50 of the best-loved, tastiest vegetables, herbs, and small fruits. The guides give readers easy-to-follow planting and growing information, specific instructions for harvesting all the edible parts of the plant, advice on storing food in a way that maximizes flavor, basic preparation techniques, and recipes. The recipes at the end of each guide help readers explore the foods they grow and demonstrate how to use unusual foods, like radish greens, garlic scapes, and green coriander seeds.

## Book Information

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## Customer Reviews

This is an excellent veggie gardening book. It is big, 8.5 x 10.5 and almost 300 pages. The organization is clear and uncomplicated. She starts out with general gardening tips, marches through sections on herbs, greens, legumes, squash, cabbages, roots/tubers/bulbs, warm season veggies, and ends with fruit. The format is the same throughout: a short intro to the section and then each produce item. Each item has an intro, a thorough but concise tips on planting, growing,

harvesting, storing, cooking, varieties, and a short overview of edible parts and potential problems, followed by a recipe. The format is conducive to learning and very enjoyable to read. I received the book this afternoon and have spent several hours reading it. The photos are excellent and really make the book because they are not only beautiful but helpful. There is enough space on each page to add your own notes. While we may disagree about the best lettuce, baby "Merveille De Quatre Saisons" from Renee's Garden is our favorite, Willi's book is a winner for gardeners of every level.

"Grow, Cook, Eat" is a gorgeous, practical guide - enhanced by Jim Henkens's photographs of enticing vegetables and the author at work in her garden. The book describes the pleasures and satisfactions of eating what you grow - and tells you how. Many people know Willi Galloway from KUOW's popular Seattle radio show "Greendays," her website ([digginfood.com](http://digginfood.com)), and her many guest appearances at gardening events. In the book's introduction she says: "So think of the guides and advice in these pages as a recipe you can make your own - add a cup more here, a pinch less there - and have as much fun as possible." The first chapter of the book is a perfect guide for new gardeners, and chock-full of hints for more experienced ones. In a solid, readable way, she covers the gardening fundamentals from planning and planting to dealing with weeds. Then the book divides into sections on herbs, greens, legumes, squash, cabbage, roots, tubers, and bulbs, warm-season vegetables, and fruit. Each category gets specific by describing the vegetables, their cultivation preferences, and when and how to harvest. But what makes this book stand out is what comes next: past the growing and the harvesting of each vegetable to the cooking. After reading about basil, turn the page and encounter Willi's "Nona's Pesto," or learn about growing shallots on one page, followed by their use in "Everyday Vinaigrette" on the next. It's a handsome book with an elegant, inviting design beginning with the cover - a well-used pan full of roasted carrots on a weathered blue table. It will inspire, encourage, and make you hungry to try her "Butternut Squash Tacos with Spicy Black Beans" - "also Rhubarb Chutney"!

I am a gardener who was looking for a reference book to give as a gift to several of my newbie gardening friends. It needed to be easy to read, hold the reader's interest and provide timely and useful information. This book met all the criteria, so much in fact that I feel this book will become a valuable resource for gardeners everywhere to keep in their collection, and refer to for years to come. The formatting makes this beautiful book extremely functional as well. The division of the book into sections from the how to's of starting your garden to the sowing, harvesting and cooking of

the veggies makes it a truly user friendly handbook for gardeners of any skill level. The design, layout, and photographs are like the spices one might add to a basic recipe. The end result is a gourmet tome worth reading and savoring until you are able to get out and plant your first seeds of the season.

This is a book for gardeners and cooks. It begins with a chapter on gardening fundamentals (soil, planting, watering, fertilizing and pest control), and then moves on to chapters based on plant type -- herbs, greens, legumes, squash, cabbage, roots and bulbs, warm-season vegetables, and fruit. Each chapter covers 4-12 specific plants; for example, in the chapter on warm-season vegetables, several pages each are devoted to corn, eggplant, peppers, tomatillos and tomatoes. Each entry has one or two color photographs and a paragraph on planting, growing, harvesting, storing, cooking ideas and varieties, followed by a recipe using that ingredient. The pictures are beautiful and the recipes seem interesting. (I've made two and they both were very good.) The gardening information has already been quite helpful, and is detailed enough that there are some plants I haven't worked with before but I may try. A beautiful and valuable book, it is on the large side, about 8-1/2 by 11", typical for a gardening book.

What a wonderful resource this book is! From planning your garden, fertilizing and preventing disease and pests, the author provides good instruction for the amateur gardener. Those with more experience will definitely enjoy the chapters devoted to particular types of vegetables, such as legumes, the cabbage family, fruits and herbs. The author also includes dozens of savory recipes for cooking your garden's produce. Lemony Broccoli Rabe sounded very appealing, as did the recipes for Strawberry Basil Ice Cream, Fennel Potato and Apple Gratin and Herbed Edamame Salad. In addition, the author also provides great tips on storing vegetables, so you can have a little taste of summer all year long. Wonderful photographs by Jim Henkens supplement this delightful book, providing mouth watering appeal from garden to basket or cutting board, and finally to the table. This book is a great gift idea.

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