



# Fruit & Veg Grower's Cookbook

*Kathryn Hawkins*

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# Fruit & Veg Grower's Cookbook

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## **Fruit & Veg Grower's Cookbook** Kathryn Hawkins

No store-bought fruit or vegetable tastes as fresh and delicious as the homegrown variety. This practical cookbook shows how to get the most from the bounty of home gardens, backyard fruit trees, and urban community plots. Sixty tempting recipes include soups, starters, salads, main meals, accompaniments, and desserts. Specific chapters discuss each type of plant—from bulb and root vegetables to orchard fruit—with at-a-glance timetables for planting, care, and harvesting, as well as instructions on a variety of preparation methods. A title made to order for today's health-conscious, environmentally aware consumers.

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