



# Kitchen Garden Companion: Dig, Plant, Water, Grow, Harvest, Chop, Cook

*Stephanie Alexander*

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## **Kitchen Garden Companion: Dig, Plant, Water, Grow, Harvest, Chop, Cook** Stephanie Alexander

If you have ever dreamed of picking fresh salad leaves for the evening meal, gathering vine-ripened tomatoes or pulling up your own sweet carrots, this is the book for you. In this Northern Hemisphere edition of Stephanie Alexander's Kitchen Garden Companion, you can follow in the footsteps of a much loved cook and food writer as she reveals the secrets of rewarding kitchen gardening. Be encouraged by detailed gardening notes that explain how adults and children alike can plant, grow and harvest over 70 different vegetables, herbs and fruit, and try some of the 250 recipes that will transform your fresh produce into delicious meals. Families can learn together with this book, which is, in part, a result of Alexander's work in establishing kitchen gardens in primary schools. Her idea is that children who know how to grow and cook their own food will have an interest in healthy, fresh food for their entire lives. Whether you have a few pots on a balcony or a large plot in a suburban back garden you will find everything you need to get started in this inspiring and eminently useful garden-to-table guide.

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