



Grow. Cook. Preserve.: The Complete Guide to Sustainable Food

Helen Lynne Culpepper

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Fresh, sustainable foods and delicious, handcrafted dishes--right at home!

Vibrant, crisp greens. Juicy, vine-ripened tomatoes. Sweet, mouthwatering strawberries. With *Grow. Cook. Preserve.*, you'll grow sustainable produce right in your own home. Whether you have a giant backyard or just a balcony, this book shows you how to build a thriving garden and feed your family nutritious, homegrown food all year long. From where to plant and what crops to sow to maintaining a balanced ecology, you'll learn everything you need to know about cultivating sustainable foods, including how to:

- Grow vegetables and fruits by season
- Create the ideal composting environment
- Reduce your water usage

- Preserve and can your harvests
- Craft farm-to-table entrees, desserts, sauces, jellies, and more

Whether you're looking to lower your carbon footprint or just want to serve your family fresh, organic meals, *Grow. Cook. Preserve.* will help you build a sustainable lifestyle from the ground up.



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This Grow. Cook. Preserve.: The Complete Guide to Sustainable Food book is not really ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is usually information inside this reserve incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This specific Grow. Cook. Preserve.: The Complete Guide to Sustainable Food without we comprehend teach the one who reading through it become critical in considering and analyzing. Don't be worry Grow. Cook. Preserve.: The Complete Guide to Sustainable Food can bring whenever you are and not make your tote space or bookshelves' grow to be full because you can have it in the lovely laptop even cell phone. This Grow. Cook. Preserve.: The Complete Guide to Sustainable Food having fine arrangement in word and layout, so you will not feel uninterested in reading.

Terrance Hutchins:

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