



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

Monty Don, Sarah Don

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From the Garden to the Table: Growing, Cooking, and Eating Your Own Food Monty Don, Sarah Don 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.

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