



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

By Helen Lynne Culpepper

Adams Media Corporation. Hardback. Book Condition: new. BRAND NEW, Grow, Cook, Preserve: The Complete Guide to Sustainable Food, Helen Lynne Culpepper, 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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