



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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