



The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food

Carolyn Herriot

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In her bestselling book *The Zero-Mile Diet* (Harbour, 2010), gardening activist Carolyn Herriot inspired readers to put organic homegrown fruits and vegetables on the table, using time-saving, economical and sustainable methods.

Now Herriot is back with even more ideas to cook up fresh food from the garden throughout the year. *The Zero-Mile Diet Cookbook* is filled with vegetarian dishes that are neither complicated nor time-consuming. With recipes like Fennel, Chard and Goat Cheese Pie, Fresh Mint Tabouleh and Fresh Raspberry Cordial, discover simple yet satisfying ways to enjoy vibrant vegetables, flavourful herbs and fabulous fruits that have been grown in your own garden.

Carolyn Herriot shares her conviction that there is a more healthful and natural way to eat and live by connecting the garden to the kitchen. A comprehensive chapter on food preservation--drying, canning, pickling, freezing and fermenting--will help readers get year-round nourishment from a seasonal harvest.

Join Carolyn in her Zero-Mile kitchen to make the shift to more sustainable living--deliciously!



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From reader reviews:

Lisa Martin:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food can be very good book to read. May be it could be best activity to you.

Robert McKay:

People live in this new time of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not only a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will probably unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, often the book you have read is The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food.

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