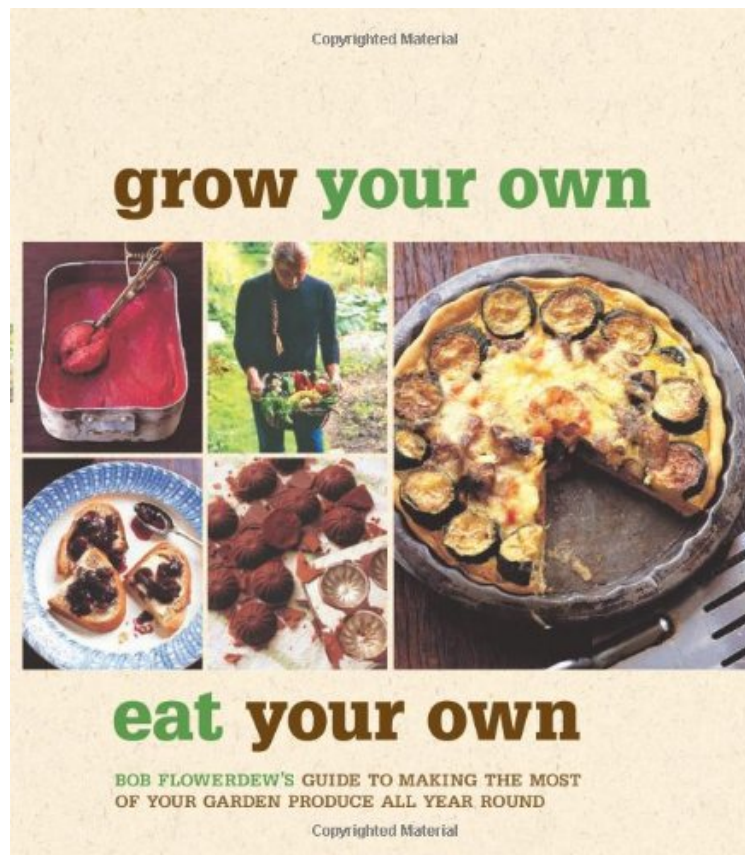


[Read ebook] Grow Your Own, Eat Your Own: Bob Flowerdew's Guide to Making the Most of your Garden Produce All Year Round

# Grow Your Own, Eat Your Own: Bob Flowerdew's Guide to Making the Most of your Garden Produce All Year Round

Bob Flowerdew

ebooks | Download PDF | \*ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#3434099 in Books Kyle Books 2009-09-16 Original language: English PDF # 1 11.07 x .97 x 9.481, 2.46  
#File Name: 1906868123192 pages | File size: 21.Mb

**Bob Flowerdew : Grow Your Own, Eat Your Own: Bob Flowerdew's Guide to Making the Most of your Garden Produce All Year Round** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Grow Your Own, Eat Your Own: Bob Flowerdew's Guide to Making the Most of your Garden Produce All Year Round:

0 of 0 people found the following review helpful. Was a gift for family member By Donald L. Burton It was a gift for my son and his wife. I haven't heard from them so I will consider they are happy with it 2 of 3 people found the following review helpful. Beautiful, but too intense for a beginner By A. Forster I love the idea of everything they presented in this book. Sustainable, self-supported gardening and getting back to basics in cooking and eating. The pictures are wonderful and the food looks delicious, but as a beginning gardener it was a little too advanced for me. I read it, so I learned quite a bit about growing storing, but I'm just not up to all the intense stuff they go through in this book. So go for something simpler if you don't have a large garden, lots of knowledge, storage space, and time to work

on all this. I do envy the people who are prepared to do this!5 of 5 people found the following review helpful.  
Inspiration for your aspirations!By M. Schmidt"Grow Your Own, Eat Your Own" is a masterful return to the attention, care and respect those from generations past gave to their land and to their tables. Full of earthy, inspiring photos, recipes and advice, this book has me thinking not only about how I will process my own produce, but also the simple tools and resources available to make my garden really work hard for my family. To do everything so artfully illustrated by garden "guru" Bob Flowerdew would be a full-time job. (Wish we all had the time!) However when the moment strikes you to preserve, sprout, pickle, or plan an appropriate garden harvest for your home; this book is your first stop, your new Bible!

In an ideal world we could live off our garden produce all year round; this book makes it a reality. The first part begins in the garden, showing how to achieve a more continuous crop as well as how to extend your harvest. Then Bob steps into the kitchen to illustrate the best way to preserve and cook your fruit and vegetables by bottling, drying, jamming, and smoking as well as how best to store.

"Flowerdew is a wildly popular gardening figure in the United Kingdom. He's the preeminent organic fruit and vegetable guru and a prolific author of books and magazine columns. But his biggest gig is as a star panelist for the past 12 years on the BBC's hit radio show 'Gardeners' Question Time.'... Growing one's own fruits and vegetables, particularly in the community garden, has become trendy in the past five years as people look for organic produce and the improvement of their diet. Flowerdew, once considered on the fringes of the garden scene, is now squarely at its center." --Adrian Higgins for The Washington Post  
About the AuthorBob Flowerdew is one of the world's most respected organic gardeners. For over a quarter of a century he has been astounding other gardeners with his Norfolk garden, where he has successfully grown almost every fruit, vegetable, perfumed flower, and leaf known--some to a size and quality rarely achieved at garden shows. He has been using his home-grown produce to feed himself year-round for as long as he can remember. In the U.K., Flowerdew is a regular guest on the Radio 4's top garden show "Gardeners' Question Time," which is one of the longest-running gardening radio shows in the world. He is the co-author of The GQT Tips and Techniques and The GQT Plant Chooser. His other books include The Complete Book of Companion Gardening, Bob Flowerdew's Complete Fruit Book, Bob Flowerdew's Organic Bible, The No-Work Garden, The Gourmet Gardener, and Going Organic (all of which have sold more than 500,000 copies worldwide).  
Grow Your Own, Eat Your Own is his first cookbook. He lives in Norfolk, England.Excerpt. Reprinted by permission. All rights reserved.  
Parsnip, Beet, Carrot, and Potato Chips Take a few parsnips, carrots, potatoes, and beets. Use firm, fresh vegetables for the best results. Peel and slice very thinly and as uniformly as possible. Heat about a pint of sunflower oil in a deep-sided pan or wok. To test that the oil is the right temperature, drop in a small cube of bread; it should sizzle and turn golden brown. If the oil is not hot enough the chips will be soggy. Set up a wire rack on a tray lined with paper towels and begin frying each vegetable separately, a few at a time so as not to overcrowd the pan, as this will reduce the cooking temperature. Stir the vegetables with a slotted spoon to prevent sticking and remove to the rack to drain. Pound a little salt with a tad of garlic and a morsel of onion, then mix this with more salt, and some freshly ground pepper. Put the cooled chips in a large bag with the salty flavoring and shake to coat them all lightly. Keep sealed if not eaten immediately.