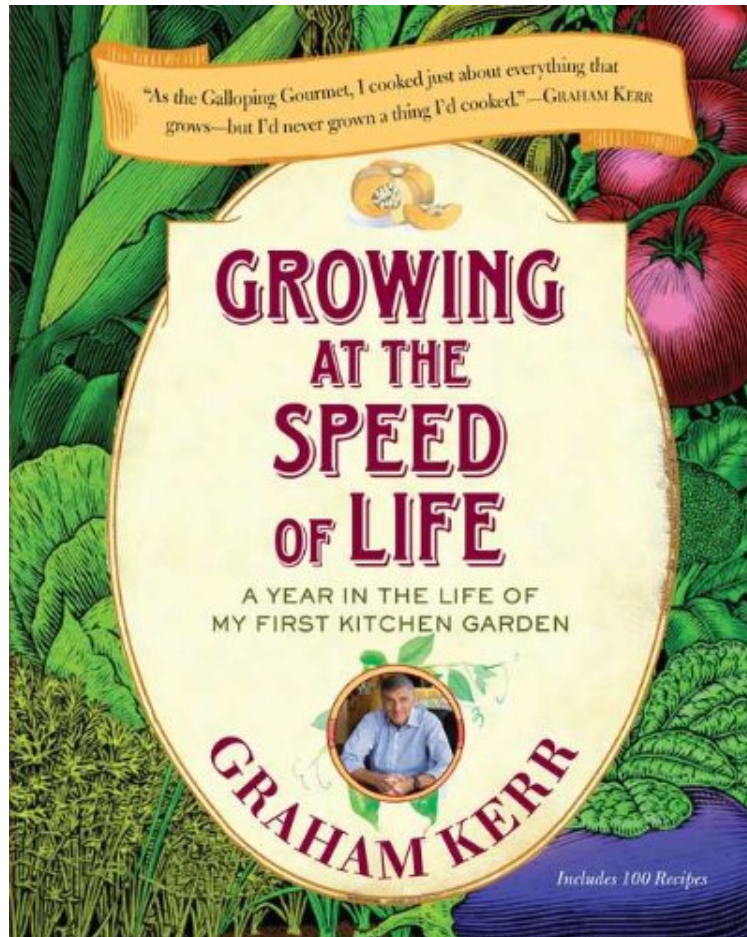


# Growing at the Speed of Life: A Year in the Life of My First Kitchen Garden

Graham Kerr

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**Graham Kerr : Growing at the Speed of Life: A Year in the Life of My First Kitchen Garden** before purchasing it in order to gage whether or not it would be worth my time, and all praised Growing at the Speed of Life: A Year in the Life of My First Kitchen Garden:

2 of 2 people found the following review helpful. Concise, useful, and a pleasure to read!By island gardenerThis book is a pleasure from beginning to end. As longtime ornamental gardener who only this year tried veggie gardening I wish I had bought it in the early spring instead of late summer! But it has lots of useful information which I will put to good use in future years.The recipes that I have so far tried have been SO good that it inspired me to purchase his "Minimax" cookbook (which sounds as if it might be an appliance owner's manual but never fear, it is not, LOL) which I received today and plan to try out over the next few weeks.I especially recommend the Cauliflower with Faux Cheese sauce. It will "convert" even the most stubborn cauliflower-hater (or cheese-sauce-hater for that matter!). That

recipe alone is worth the price of the book IMHO.0 of 0 people found the following review helpful. Love, LoVe, LOVE!!By ElizabethCAGreat read and wonderful humor that is classic Graham Kerr. I would recommend this to any novice or seasoned gardener who wants to learn organic growing as well as container, elevated and greenhouse gardening. Graham takes you through a journey of how he began gardening and his trials and experiences to convert his property for organic growing. What a great feat he accomplished and such a generous heart as he and his wife, Treena, share their rewards with the community. Graham demonstrates his extensive love for food in this journey and eagerly shares his experiences so others may learn or glean from it. The book is quite unique in that it offers gardening tips/ideas and simple and quick recipes. Don't expect a plethora of recipes but there are enough to get anyone going in the right direction as well as healthy direction. What a blessing to have Graham! Thank you for sharing your knowledge.2 of 2 people found the following review helpful. Finding a lifestyle growing the things you cookBy R. BrooksThe book chronicles Graham Kerr's maturity. He stands apart from fame and takes a sober Christ-centered look at balancing consumption with giving. He gives us a model of growing your own food, then provides fascinating low glycemic, low caloric, recipes that emphasize his TACT (Texture Aroma Color Taste) philosophy of healthy, interesting eating. Our usual dilemma is reading but not doing. Graham does do, and as usual he's two bouncing steps ahead of us. We need to cut fat and calories, he's there with his recipes. We're concerned about harmful chemicals and loss of nutrition, costs of food, he's there showing you how and what to grow. Lastly, he leaves his mark with concern about sharing with others rather than being focussed solely on our own consumption. He uses examples and illustrates how we can decrease our cost to others and increase our impact as far as sharing. Graham Kerr could have lived happily with wealth and comfort and instead he writes and thinks and has an active mind. Do him the favor of reading and then doing what you read. Well worth reading.

"Kerr's book includes plenty of gardening advice, but the overall message suggests that the benefits of growing things are as much food for the soul as for dinner." -Los Angeles TimesWith more than two dozen cookbooks and hundreds of television shows, lectures, and personal appearances devoted to promoting healthful cooking, award-winning chef and former "Gallopig Gourmet" Graham Kerr literally starts from the ground up in this engaging, inspiring, and highly informative introduction to the joys of the kitchen garden-and the pleasures of the table that start with growing your own food.Growing at the Speed of Life takes you through the first year in Kerr's own kitchen garden, sharing the lessons learned and the wisdom that he's received from his circle of local knowledge providers. From digging up his south lawn and putting together a greenhouse to planting his first seeds and harvesting and sharing his first crop with others in need, Kerr provides a whirlwind tour through his gardening adventures. Along the way, he profiles sixty common-and not-so-common but readily available-garden vegetables, fruits, and herbs with useful advice and recommendations for care and feeding. Once the harvest is done, Kerr heads into the kitchen, where he offers guidance on the best cooking methods to create appealing dishes and more than one hundred recipes that are as simple and elegant as they are healthful-and that will certainly entice you to increase the amount of plant foods in your diet.

From Publishers WeeklyKerr, best known as the Gallopig Gourmet television cooking personality, serves up new recipes and reflections on gardening in this lighthearted cookbook. Like many amateur gardeners, he was motivated to grow his own food by a desire both to improve his diet and to support local, sustainable, seasonal agriculture. In a compact chapter, he explains everything the impatient beginning gardener needs to get started. This section includes basic information on soil improvement, pest management, watering and weeding, germinating, composting, and crop rotation. The bulk of the book is devoted to detailed growing information and recipes for more than 60 fruits and vegetables. Fans of Kerr's lively style on the Food Network and in his cookbooks (Day-by-Day Gourmet) will enjoy this combination of jaunty gardening adventure and healthy and diverse recipes. Line drawings throughout. (Mar.) (c) Copyright PWxyz, LLC. All rights reserved.About the AuthorGraham Kerr is the award-winning author and popular television personality whose mission of helping people make creative and lasting changes in their lifestyles is the driving principle behind his successful cookbooks and television shows. Since 1973, through personal appearances and in the media, he has taken his message of combining sound nutrition with creative cooking to such diverse groups as the American Dietetic Association of Culinary Professionals. He has worked closely with medical and food professionals internationally in developing his unique style of healthy cooking. Kerr lives with his wife, Treena, on Camano Island, Washington.