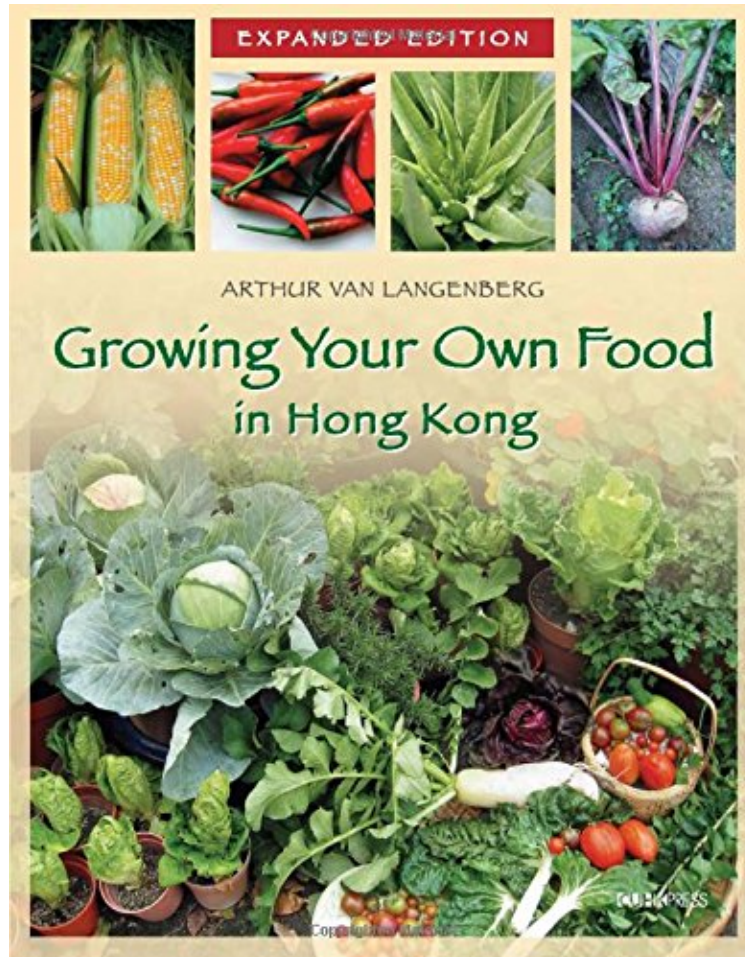


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# Growing Your Own Food in Hong Kong

Arthur van Langenberg

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**Arthur van Langenberg : Growing Your Own Food in Hong Kong** before purchasing it in order to gage whether or not it would be worth my time, and all praised Growing Your Own Food in Hong Kong:

This book introduces the methods, ingredients, and delights of urban home gardening for beginners as well as avid gardeners interested in growing healthy, organic, and tasty food. Appealing to those who have access to garden, balcony, and rooftop spaces and to those who grow vegetables in containers, this expanded second edition includes new photographs and updated material showing how to nurture and harvest avocados, chayote, dill, dragon fruit, and pak choi. Arthur van Langenberg also offers hands-on recipes for transforming home-grown natural ingredients into delicious dishes and sauces, including Macanese sweet potato pudding, fig syrup, and green tomato chutney.

About the Author Arthur van Langenberg is a surgeon with a passion for gardening. He is the author of *Urban Gardening: A Hong Kong Gardener's Journal* (Chinese University Press), the culmination of forty years of experience growing food plants in a typical urban setting.