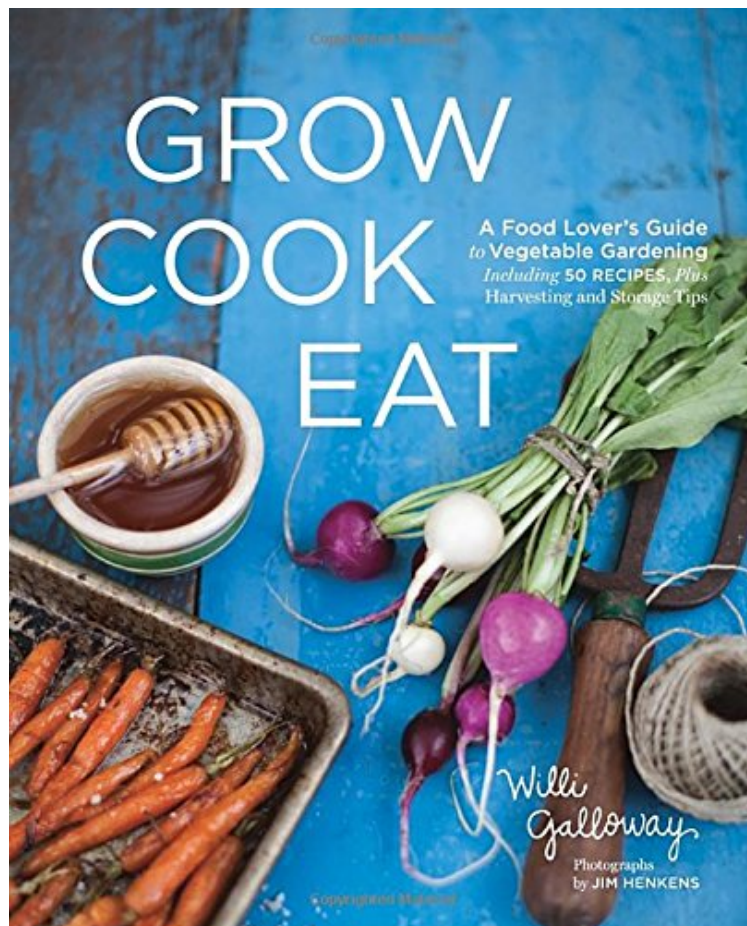


[Free pdf] Grow Cook Eat: A Food Lover's Guide to Vegetable Gardening, Including 50 Recipes, Plus Harvesting and Storage Tips

Grow Cook Eat: A Food Lover's Guide to Vegetable Gardening, Including 50 Recipes, Plus Harvesting and Storage Tips

Willi Galloway

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Willi Galloway : Grow Cook Eat: A Food Lover's Guide to Vegetable Gardening, Including 50 Recipes, Plus Harvesting and Storage Tips before purchasing it in order to gauge whether or not it would be worth my time, and all praised Grow Cook Eat: A Food Lover's Guide to Vegetable Gardening, Including 50 Recipes, Plus Harvesting and Storage Tips:

5 of 5 people found the following review helpful. lovely book for cooks and/or gardeners By Audrey Frances This is a book for gardeners and cooks. It begins with a chapter on gardening fundamentals (soil, planting, watering, fertilizing and pest control), and then moves on to chapters based on plant type -- herbs, greens, legumes, squash, cabbage, roots and bulbs, warm-season vegetables, and fruit. Each chapter covers 4-12 specific plants; for example, in the chapter on warm-season vegetables, several pages each are devoted to corn, eggplant, peppers, tomatillos and tomatoes. Each entry has one or two color photographs and a paragraph on planting, growing, harvesting, storing, cooking ideas and

varieties, followed by a recipe using that ingredient. The pictures are beautiful and the recipes seem interesting. (I've made two and they both were very good.) The gardening information has already been quite helpful, and is detailed enough that there are some plants I haven't worked with before but I may try. A beautiful and valuable book, it is on the large side, about 8-1/2 by 11", typical for a gardening book. 18 of 19 people found the following review helpful. Beautiful and Practical! By Katy Gilmore "Grow, Cook, Eat" is a gorgeous, practical guide - enhanced by Jim Henkens's photographs of enticing vegetables and the author at work in her garden. The book describes the pleasures and satisfactions of eating what you grow - and tells you how. Many people know Willi Galloway from KUOW's popular Seattle radio show "Greendays," her website (digginfood.com), and her many guest appearances at gardening events. In the book's introduction she says: "So think of the guides and advice in these pages as a recipe you can make your own - add a cup more here, a pinch less there - and have as much fun as possible." The first chapter of the book is a perfect guide for new gardeners, and chock-full of hints for more experienced ones. In a solid, readable way, she covers the gardening fundamentals from planning and planting to dealing with weeds. Then the book divides into sections on herbs, greens, legumes, squash, cabbage, roots, tubers, and bulbs, warm-season vegetables, and fruit. Each category gets specific by describing the vegetables, their cultivation preferences, and when and how to harvest. But what makes this book stand out is what comes next: past the growing and the harvesting of each vegetable to the cooking. After reading about basil, turn the page and encounter Willi's "Nona's Pesto," or learn about growing shallots on one page, followed by their use in "Everyday Vinaigrette" on the next. It's a handsome book with an elegant, inviting design beginning with the cover - a well-used pan full of roasted carrots on a weathered blue table. It will inspire, encourage, and make you hungry to try her "Butternut Squash Tacos with Spicy Black Beans" - "also Rhubarb Chutney"! 10 of 10 people found the following review helpful. such a great book By RMW great resource for all veggies. Gives you how to grow, harvest and cook with! what book does that?!? gave me some ideas on new things to try and grow as well. recommend this book to all gardeners and foodies!

From sinking a seed into the soil through to sitting down to enjoy a meal made with vegetables and fruits harvested right outside your back door, this gorgeous kitchen gardening book is filled with practical, useful information for both novices and seasoned gardeners alike. *Grow Cook Eat* will inspire people who already buy fresh, seasonal, local, organic food to grow the food they love to eat. For those who already have experience getting their hands dirty in the garden, this handbook will help them refine their gardening skills and cultivate gourmet quality food. The book also fills in the blanks that exist between growing food in the garden and using it in the kitchen with guides to 50 of the best-loved, tastiest vegetables, herbs, and small fruits. The guides give readers easy-to-follow planting and growing information, specific instructions for harvesting all the edible parts of the plant, advice on storing food in a way that maximizes flavor, basic preparation techniques, and recipes. The recipes at the end of each guide help readers explore the foods they grow and demonstrate how to use unusual foods, like radish greens, garlic scapes, and green coriander seeds.

For those fortunate enough to have a plot of arable land, what can be more rewarding and satisfying than creating a vegetable garden? It may be just adequate enough to raise a few greens for a summer salad, or it may offer acreage sufficient to sow rows of corn or establish a raspberry patch. Gardener Galloway encourages even urban dwellers to consider raising their own fruits and vegetables. In this guide, she offers instructions on basic preparation of growing beds, including composting, an essential step for her preferred method of organic agriculture. For every potential garden product, Galloway describes its characteristics, preferred varieties, and best propagation methods from seed to harvest. She inventories commonly available greens, herbs, squashes, tubers, cabbages, and fruits. For each crop, she offers a recipe, virtually all vegetarian save for a classic grilled leg of lamb with fragrant rosemary. Color photographs accentuate the most appealing qualities of both produce and finished dishes. Booklist Sustainable gardening and eating locally are popular now, and this is one of a number of new books for kitchen gardeners. Master gardener and radio commentator Galloway (former West Coast editor, *Organic Gardening*) concentrates here on herbs, greens, legumes, squash, cabbage, roots, tubers and bulbs, warm-season vegetables, and fruits, giving hints on planning a garden, using good soil, planting, watering, fertilizing, weeding, and dealing with insects and diseases. Chapters describe individual crops and suggest the best way to plant, grow, harvest, store, and cook them. Galloway recommends particular varieties and notes botanical and family names, edible parts, and problems in growing. For each kind of produce, she also provides a recipe that is simple and easy to prepare. Some are unusual, such as Tartines with Gruyere and Radish Greens, Roasted Beets with Winter Citrus Vinaigrette, and Cucumber Wedges with Chile and Lime. Full-page color photographs accompany many of the recipes and produce descriptions. VERDICT This book is recommended for all readers interested in eating what they grow. Library Journal Galloway's enthusiasm and expertise inform every page of her first book. Don't be fooled by the elegant design; this isn't a book about landscaping with edibles. It's a down-to-earth look at how to organically and successfully grow your dinner. What makes this book stand out from the hundreds of other new vegetable-gardening books? It's Galloway's recommendations for varieties that thrive here, from blueberries to basil. And her eclectic recipes ensure that "Grow Cook Eat" won't languish on the book shelf. You'll

have it out on the kitchen counter to try Shaved Summer Squash with Pecorino Romano, maybe with Raspberry-Infused Vodka Spritzers. Valerie Easton, The Seattle Times Like to eat as much as you like to garden? Willi Galloway's Grow Cook Eat...gives a recipe for each crop. Sunset The pretty garden and food photography will draw any novice in, and the conversational tone makes the book feel like the gentle guidance of a best friend. Even old hands will make use of the introductory chapters, a useful guide to basic gardening know how. Organic Gardening For a comprehensive guide to growing and using vegetables in your kitchen, don't miss this book by Willi Galloway. Grow Cook Eat is packed full of growing tips, harvesting ideas and 50 recipes. Birds Blooms All cookbooks and gardening guides should aspire to be like Grow Cook Eat, a marvelous hybrid by Master Gardener Willi Galloway... Feast on this book and you'll never garden or cook the same way. You'll certainly never eat the same way again. Greenwoman Magazine...enthusiastic and sensible. The Chicago Tribune If there was a book that I could imagine that would teach me everything I needed to know to grow the edibles I had my heart set on from edamame and melons to garlic, tomatillos and tatsoi, this would be it... Willi Galloway presents a comprehensive, elegant manual to vegetable gardening that delivers just the right amount of guidance and hand-holding as you nurture your first strawberries or coax jalapeño peppers from flowers to fruit. And the beautiful, evocative photos of luscious, bountiful harvests are all the encouragement you need. Spade Spatula A recipe that will reward you for the bounty you've brought into the kitchen but won't exhaust you with an additional grocery list or hours in the kitchen. An accessible and inspired compendium. Bay Area Bites, KQED The photos are dreamy, the recipes tantalizing (Lemony Broccoli Rabe, Strawberry Basil Ice Cream...), with plenty of tips on harvesting, storing, and how to successfully grow what you eat. The Seattle Times Over the years, I've bought more than my share of gardening books for inspiration and guidance. Most have been tossed aside for a more laissez-faire approach, because it all seemed so complicated and most were so boringly dull. That is, until I got the recently published book, Grow Cook Eat: A Food Lovers Guide to Vegetable Gardening, by Portlander Willi Galloway... Grow Cook Eat is equally as valuable for gardeners with years of experience under their belt, as it is for the novice who's been wanting a vegetable garden but was too overwhelmed to start. It is easy to follow, inspiring, and a valuable resource for all. Diane Prokop...I can't recommend it enough. Not only is it lovely to behold, it's imminently practical to use and apply. This is the gardening book you absolutely want to have on hand this coming growing season. Ashley English, Small Measure...this how-to from Willi Galloway is hotter than a serrano pepper. Cynthia Lair, Cookus Interruptus...a warm and inviting look at garden abundance that's helped me through yet another cold, dark, wet winter. Some people fantasize about tropical locales and swaying palm trees I dream of warm soil and the sticky green smell of tomato plants; fresh fava beans and tender salads. This is one dog-gone gorgeous book! ...Grow Cook Eat and the photographs of Jim Henkens, are in another class altogether. Soft, friendly, close up shots put the reader right on their knees in the garden, in the kitchen or best of all at the table(!) with Willi as she instructs and inspires gardeners to grow their own groceries. Planted at Home I honestly didn't think there was too much more I needed to know about growing my own food. But I have been proven wrong. Former Organic Gardening magazine editor and creator of the popular blog "DigginFood", Willi Galloway, shares with us her time honored gardening techniques and ways to use every part of the plant, seed to root, in the kitchen...With this book by your side, very little of your harvest will end up in the compost pile. Project Foodie About the Author Willi Galloway is an award-winning radio commentator and writer who lives and gardens in Portland, Oregon. She writes about kitchen gardening and seasonal cooking on her popular blog, DigginFood.com, and pens the weekly column, "The Gardener," on Apartment Therapy's Re-Nest blog. Each Tuesday morning, Willi offers vegetable gardening advice on Seattle's popular NPR call-in show, Greendays. She also teaches a joint gardening and cooking class with James Beard award-nominated chef Matthew Dillon at the Corson Building in Seattle and hosts an online garden-to-table cooking show, Grow. Cook. Eat., with her husband, Jon. Willi was the West Coast Editor of Organic Gardening magazine from 2003 to 2010. The author lives in Portland, OR.