



Hortalizas (Hecho En Casa)



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Dick Strawbridge MBE

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Growing your own vegetables is one of the easiest ways to transform the way you eat. You have fresh ingredients at your disposal and, with this book, the knowledge to cook with them to create delicious dishes every time. Whether you have a tiny urban patch, a dedicated allotment, or plenty of space in your own garden, you can be productive all year long. With the step-by-step guides to growing and dozens of ideas for cooking your home produce, you'll soon enjoy everything from pea and mint risotto to kohlrabi coleslaw and baked sweet potato and goat's cheese pie.

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176 pages

About the Author

Dick and James Strawbridge are a father-son team that runs Newhouse Farm, a three-acre smallholding in Cornwall, England. The BBC's "It's Not Easy Being Green" documented the Strawbridge family's move from a comfortable home in the Midlands to Newhouse Farm. Dick is an engineer, an inventor, a sustainability expert, and a TV presenter. He is a regular host of C4's "Scrapheap Challenge," contributes frequently to "Coast" on the BBC, and finished in second place on the BBC's "Celebrity Masterchef." He is the author of "It's Not Easy Being Green." James is a chef, a sustainable living expert, and the cofounder of Posh Pasty Company. Together with his father, he hosts ITV1's "The Hungry Sailors" and "Saturday Farm." They are the coauthors of "Practical Self-Sufficiency."

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