



Allotment Cookbook

Kathryn Hawkins

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Allotment gardening is becoming increasingly popular and there are many obvious benefits to growing your own fruit and vegetables. There is nothing quite like picking your own apples or unearthing a batch of new potatoes. The freshness and flavours of home-grown produce are second to none. Keeping an allotment is also a great way to help keep fit and healthy! So this is a cookbook with a difference. A comprehensive A-Z glossary covers all the most popular fruit and vegetables grown on an allotment. Each entry features tips on storage, freezing, preserving and preparation techniques, along with quick and original ideas on how to make the most of the produce while it is in season without getting fed up with it! Next comes the recipe section, featuring 60 delicious recipes (32 of which are photographed) to give readers greater instruction and fantastic new ideas on cooking their produce. There are soups, starters, light meals, salads, main meals, accompaniments, desserts and preserves, using only the tastiest ingredients, fresh from the allotment!

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