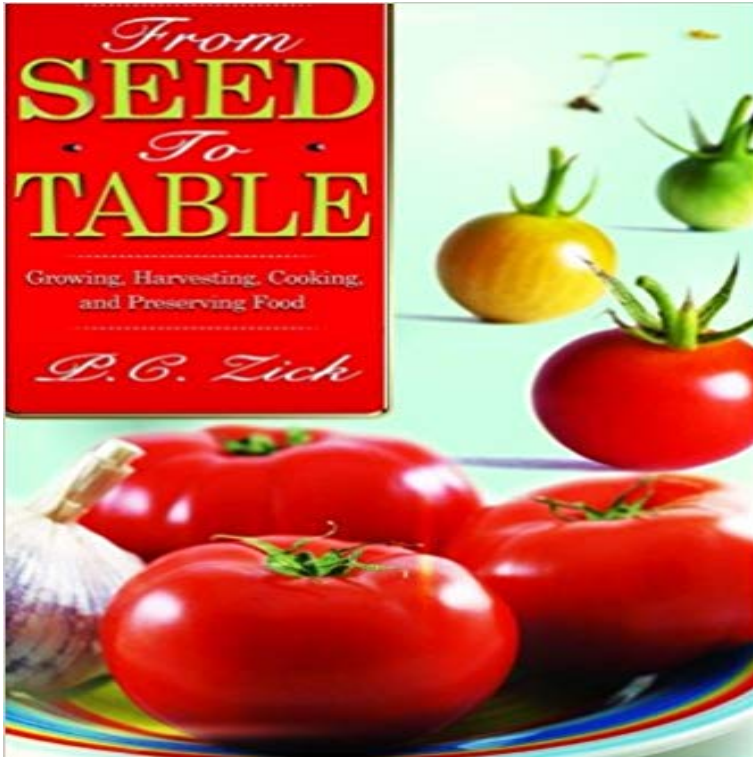


From Seed to Table: Growing, Harvesting, Cooking, and Preserving Food



Love gardening? Then here's the book to get you started on your 2014 garden. Tips and recipes for growing, preserving, and cooking bountiful produce right in your own backyard. From Seed to Table offers the personal experiences of home gardening from one couple. Starting with winter, the book follows each season from the garden to the table. Gardening tips, as used by Robert and Patricia Zick in their western Pennsylvania vegetable garden, are given along with preserving tips and recipes throughout the whole year, including suggestions and recipes for canning and freezing vegetables. The Zicks hope some of their experience will inspire others to grow their own food and to eat local food as much as possible. While not an exhaustive reference for all gardening, preserving, and cooking techniques, it is filled with firsthand experience from an experienced gardener and a veteran cook.

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