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# The Gourmet Garden: The Fruits of the Garden Transported to the Table

*Geraldene Holt*

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Catering to the recent interest in healthy, quality foods, the author presents an innovative guide to growing and eating vegetables, fruit and herbs chosen for their outstanding taste and flavour. In this book the kitchen garden is central, with commissioned plans from leading garden designers such as Arabella Lennox-Boyd, John Brookes and Julia Tull. Careful cultural instructions as well as the history and development of each plant, and many classic and original recipes, will inspire both the novice gardener and the experienced grower looking for fresh ideas.