



Pot It, Grow It, Eat It: Home-Grown Produce from Pot to Pan

Kathryn Hawkins

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What could be more satisfying than growing your own fruit and vegetables and then eating them, freshly picked? There's no need to have lots of land: it can be done anywhere—in windowsill containers, balconies, and small backyards. This combination growing guide and cookbook explains how anyone, anywhere can go straight from pot to pan. It offers:

- A how-to of cultivation: tools and materials, containers, and siting
- An illustrated A–Z vegetable, herb and fruit directory, with each entry listing planting, siting, maintenance and harvesting details, plus storing and freezing instructions
- A cookbook chapter, with 25 fresh, simple recipes for appetizers, entrees, and desserts

This is the perfect book for a holistic, healthy lifestyle!

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