



green books

Advance Information

27/04/2011

MAKING THE MOST OF YOUR GLORIOUS GLUT

Cooking, storing, freezing, drying & preserving your garden produce

Jackie Sherman

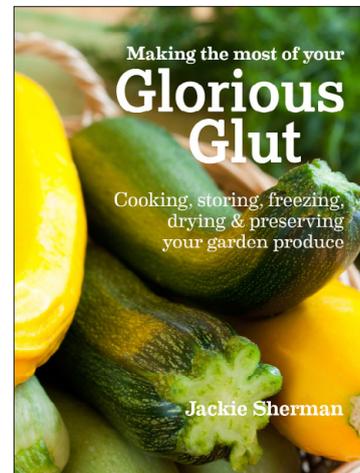
- Full of imaginative ideas for using up all your garden produce and avoiding waste
- Shows how you can enjoy home-grown food throughout the year
- Over 250 delicious recipes

Making the most of your Glorious Glut is the answer to the perennial problem of an over-abundance of wonderful fruit and vegetables. From courgettes to spinach, tomatoes to runner beans or blackcurrants to plums, most gardeners will recognise the sinking feeling that creeps over you when you realise you have had such a good harvest that you cannot actually face picking, cooking or eating any more. Even if you haven't grown them yourself, it is easy to end up with too many fruits or vegetables after just one visit to the local pick-your-own centre or a trip to a country hedgerow.

With the help of this book you will be able to make the most of any glut; as well as recipes for using fresh produce in new and exciting ways, you will learn how to pickle, preserve, dry, bottle and juice all your surplus fruit and vegetables so that they can be enjoyed throughout the year.



The Author: Jackie Sherman has written over 20 books and contributes articles to a variety of magazines. As a keen gardener and cook, she is delighted that the two can be brought together in her latest project.



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Contents:

Introduction
Shopping
Storing
The produce
Starters and salads
Side dishes
Main meals
Desserts
Bread and cakes
Preserves
Bottled fruit and vegetables
Dried fruit and vegetables
Sauces and spreads
Drinks

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