



Fork to Fork

Monty Don, Sarah Don

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Fork to Fork is about growing and eating your own fruit, vegetables and herbs using Monty and Sarah Don's kitchen garden at Livingston, in the English border. It is also the subject of a Channel 4 series, to be screened in the UK in November 1999. Nowadays food is 'manufactured', imported and marketed for convenience and all-year round availability. As well as losing the link between growing and eating, we have also lost quality and taste- it's not hard to see why asparagus grown at home tastes better than asparagus that has travelled 2000 miles to reach your table. This book returns to the value of real food, and shows both practical gardening and cookery techniques together with 40 recipes. Handwritten notebook entries record the successes and failures of the Dons' gardening year. An appendix gives a useful seasonal conversion chart for gardeners in the southern hemisphere.

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