



# Italian Kitchen Garden: Enjoy the flavours of Italy from your garden

*Sarah Fraser*

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## **Italian Kitchen Garden: Enjoy the flavours of Italy from your garden** Sarah Fraser

An inspiring book for both gardeners and cooks Bring Italy to your table by growing your own produce Simple gardening advice and delicious recipes In 2002 Sarah Fraser and her family moved to a ramshackle Italian farmhouse in Tuscany with dreams of self-sufficiency and a more 'down-to-earth' lifestyle. Seven years and three TV series later (Channel 4's 'No Going Back', 'A Year in Tuscany' and 'The Great Italian Escape'), Sarah has amassed a wealth of knowledge about cultivating Italian produce and what you can do with it. This is the perfect book for anyone who loves Italian food and would like to know how to grow it - even on a small scale. Whether you have a balcony, a patio, or space for a full kitchen garden, Sarah provides a wealth of easy-to-understand instructions and advice - tried and tested in her own garden. Basic information on how to get started, soil preparation, tools and choosing what to grow, is followed by information on individual vegetables, fruits and herbs, each with a delicious selection of recipes. If you've ever wondered why Italian food tastes so good, this is the book for you.

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