



# **Seed to Supper: Growing and Cooking Great Food No Matter Where You Live--100+ Delicious Recipes & Growing Tips for Windowsills to Wide Open Spaces**

*John Tullock*

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Not since the Greatest Generation marched off to war have Americans embraced home food gardening with such enthusiasm, with everyone from apartment dwellers to the First Family growing fresh, wholesome food. *Seed to Supper* provides the perfect introduction to food gardening and cooking with homegrown produce.

America is a land of foodies. From local supermarkets to gourmet food trucks, we're cooking, buying and eating more discriminately than ever. And, as our options for healthy eating grow, so does our awareness of additives, preservatives and other ingredients on food labels that we can't pronounce (and don't want). So, what could be more natural than taking our passion for food to the source? To actually nurture herbs and vegetables from tiny seeds to aromatic glory is beyond a mere accomplishment?it's deeply fulfilling (and delicious!).

In *Seed to Supper* Tullock takes a novel approach to help growers succeed by organizing cooking and growing information by the nature and size of the garden space itself. Beginning with herbs and greens that can be produced at a sunny window, he moves on to larger containers for a patio or deck, followed by the diversity of raised beds, and finally to an integrated backyard landscape.

Yet, *Seed to Supper* is much more than a gardening book. Tullock includes more than 100 kitchen-tested recipes that feature the most popular homegrown vegetables and fresh herbs, which can be paired with meat and dairy from the grocery. And it doesn't take an expert either in the garden or in the kitchen to grow the ingredients or create the wonderfully nutritious recipes featured in each chapter.

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