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## Grow Organic, Cook Organic: Natural Food from Garden to Table, with Over 1750 Photographs

By Christine Lavelle, Michael Lavelle, Ysanne Spevack

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This work talks about growing and cooking food the natural way with over 500 gardening tips and 150 step by step organic recipes It is packed with practical advice and clear step by step sequences that will help you to achieve outstanding results in all aspects of designing and maintaining a natural organic garden and using the produce in hundreds of delicious and nutritional recipes It provides a plant by plant directory to growing organic fruits and vegetables wit About the Author Christine Lavelle is lecturer in horticulture and ecology at Writtle College Chelmsford She trained at the National Trust for Scotland Threave School of Practical Gardening and the Royal Botanic Gardens in Kew where she developed an interest

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