



# The Zero-Mile Diet Cookbook: Seasonal Recipes for Delicious Homegrown Food

*Carolyn Herriot*

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In her bestselling book *The Zero-Mile Diet* (Harbour, 2010), gardening activist Carolyn Herriot inspired readers to put organic homegrown fruits and vegetables on the table, using time-saving, economical and sustainable methods.

Now Herriot is back with even more ideas to cook up fresh food from the garden throughout the year. *The Zero-Mile Diet Cookbook* is filled with vegetarian dishes that are neither complicated nor time-consuming. With recipes like Fennel, Chard and Goat Cheese Pie, Fresh Mint Tabouleh and Fresh Raspberry Cordial, discover simple yet satisfying ways to enjoy vibrant vegetables, flavourful herbs and fabulous fruits that have been grown in your own garden.

Carolyn Herriot shares her conviction that there is a more healthful and natural way to eat and live by connecting the garden to the kitchen. A comprehensive chapter on food preservation--drying, canning, pickling, freezing and fermenting--will help readers get year-round nourishment from a seasonal harvest.

Join Carolyn in her Zero-Mile kitchen to make the shift to more sustainable living--deliciously!

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