

Vegetables from an Italian Garden

Season-by-Season Recipes

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- A season-by-season guide to cooking vegetables the Italian way
- Contains more than 375 authentic, delicious and good-value vegetable recipes from the Silver Spoon kitchen
- Organized by season, recipes are accompanied by specially commissioned photographs and short texts discussing every vegetable
- Cooking with vegetables is the perfect way to eat healthily, economically, locally and sustainably
- Includes advice about vegetable varieties, storage and preparation, a seasonal calendar and how-to-grow tips to help you get the best from every season

