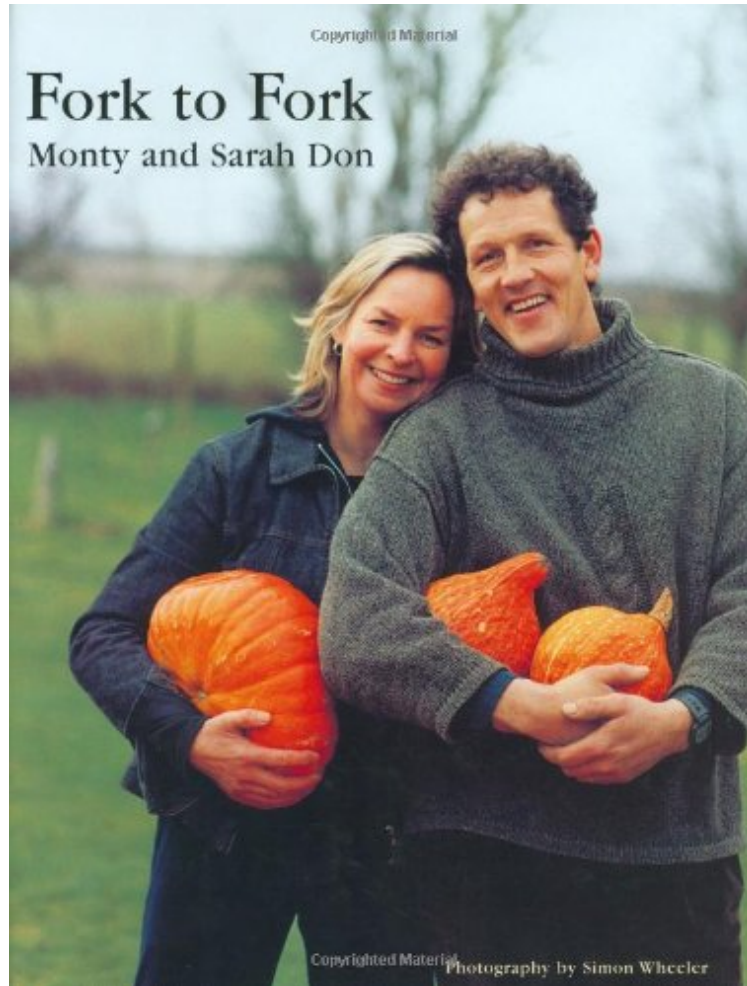


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## Fork to Fork

*Monty Don, Sarah Don*  
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**Monty Don, Sarah Don : Fork to Fork** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fork to Fork:

0 of 0 people found the following review helpful. A DelightBy TriciaThis book was beautifully written, full of helpful information, and inspiring. I've thoroughly enjoyed reading their garden musings and how easily they use their produce in the kitchen.0 of 1 people found the following review helpful. thanksBy HopeThank you so much, I love watching there programs they have so much to teach. I even got my children watching and reading this man.

Fork to Fork is about growing and eating your own fruit, vegetables and herbs using Monty and Sarah Don's kitchen garden at Livingston, in the English border. It is also the subject of a Channel 4 series, to be screened in the UK in November 1999. Nowadays food is 'manufactured', imported and marketed for convenience and all-year round

availability. As well as losing the link between growing and eating, we have also lost quality and taste- it's not hard to see why asparagus grown at home tastes better than asparagus that has travelled 2000 miles to reach your table. This book returns to the value of real food, and shows both practical gardening and cookery techniques together with 40 recipes. Handwritten notebook entries record the successes and failures of the Dons' gardening year. An appendix gives a useful seasonal conversion chart for gardeners in the southern hemisphere.

About the Author Monty Don is a highly original journalist and broadcaster. His weekly gardening column in The Observer is appreciated for its intelligent insight and imaginative coverage of gardening subjects. He is the author of 'The Sensuous Garden', (Conran Octopus), a ground breaking book that has changed the way many people view their gardens. His other books include, 'The Prickotty Bush' and 'The Weekend Gardener'. Sarah worked for 15 years as a designer. She has since trained as an architect. She has made three gardens with her husband, and is a superb cook.