



# The Permaculture Kitchen: Love Food, Love People, Love the Planet

*Carl Legge*

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## **The Permaculture Kitchen: Love Food, Love People, Love the Planet** Carl Legge

This is the ultimate introduction to economical, seasonal, and delicious cooking. *The Permaculture Kitchen* is written by a passionate smallholder and cook who explains how to make tasty meals using seasonal, foraged, homegrown, local, fresh, and free-range produce, including meat, and sustainably caught fish. This is a cookbook for gardeners who love to eat their own produce, and for people who enjoy a weekly veggie box, or supporting their local farmers' market.

There are ideas here for developing recipes "on the fly" and recipes for meals that can be easily cooked in thirty minutes or less, with additional tips on how to make further dishes from leftovers. Learn how to make stocks, soups, sauces, pizzas, curries, grills, pilafs and paellas, gourmet salads, preserves, and more!

Most recipes include plenty of ideas for using a variety of different ingredients, which can be included or substituted as desired, or when available. There are also vegetarian recipes, and vegetarian and vegan alternatives to meat dishes.

The author, Carl Legge, is a passionate advocate of good food with a low carbon footprint and this book is his first in a series about low impact, local and seasonal gourmet food.

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