



# Advanced Information

## The Creative Kitchen

Seasonal Plant Based Recipes  
for Meals, Drinks, Garden and Self Care

by Stephanie Hafferty

From the best-selling, award winning author of *No Dig Organic Home and Garden*, Stephanie Hafferty offers a pathway to low cost, zero waste and as plastic free living as possible.

She shows you the advantages and pleasures of cooking seasonally and making organic products for you and your family's health and happiness.

Learn how to be resourceful, creative and inspired by what is seasonal and close to hand for a 100% organic home.

Make your own:

- Main meals, sides, soups and salads
- Store cupboard ingredients like flavoured salts, vinegars, herb mixes, essences
- Drinks (including cordials, teas and liqueurs)
- Soaps, balms, cleansers, toothpaste and much more!

### ABOUT THE AUTHOR

Stephanie Hafferty is a professional organic no dig kitchen gardener, writer and chef, specialising in seasonal plant based food.

She is passionate about sharing her knowledge of growing and cooking good food to feed families and communities. She specialises in making organic, biodegradable, zero plastic, zero waste beautiful products for the home and garden.

Her first book, *No Dig Organic Home and Garden*, co-authored with Charles Dowding, sold over 10,000 copies in under a year and won Practical Book of the Year Award at the prestigious Garden Writer's Guild in 2017.



**The Creative Kitchen**  
SEASONAL PLANT BASED RECIPES FOR  
MEALS, DRINKS, GARDEN AND SELF CARE  
STEPHANIE HAFFERTY



Published: November 2018

ISBN: 978 1 85623 323 1

246 x 189mm

colour photographs  
throughout

224 pages

Paperback

£19.95

[File](#)

Cooking

Home Care

Organic Gardening

Environment

### PUBLISHERS

Permanent Publications  
The Sustainability Centre  
East Meon, Hampshire  
GU32 1HR  
Tel: +44 (0)1730 823 311  
Email: [info@permaculture.co.uk](mailto:info@permaculture.co.uk)  
Web: [www.permanentpublications.co.uk](http://www.permanentpublications.co.uk)  
Magazine: [www.permaculture.co.uk](http://www.permaculture.co.uk)

### TRADE DISTRIBUTION

Orca Book Services  
160 Eastern Avenue  
Milton Park  
Abingdon  
OX14 4SB  
Tel: +44 (0)1235 465 500  
Email: [tradeorders@orcabookservices.co.uk](mailto:tradeorders@orcabookservices.co.uk)  
Web: [www.orcabookservices.co.uk](http://www.orcabookservices.co.uk)

### TRANSLATION & OVERSEAS PUBLISHING RIGHTS

Tony Rollinson  
Permanent Publications  
The Sustainability Centre  
East Meon, Hampshire  
GU32 1HR  
Tel: +44 (0)1730 823 311  
Email: [tony@permaculture.co.uk](mailto:tony@permaculture.co.uk)

**Permanent Publications**  
publishes titles offering  
inspiration for self reliance

**Winners of The Queen's Award  
for Enterprise in the Sustainable  
Development category (2008)**