



# Advanced Information

## The Vegan Cook & Gardener

### Growing, Storing and Cooking Delicious Healthy Food all Year Round

by Piers Warren and Ella Bee Glendining

Grow your own fruit and vegetables, herbs, salads and sprouts, and then turn your produce into delicious, no-fuss vegan meals that are healthy for you and the planet. Father and daughter team, Piers Warren and Ella Bee Glendining, share successful growing techniques and seasonal recipes, plus years of experience of animal-free, healthy living. They show you how to:

- \* Grow your own food
- \* Garden without animal products
- \* Grow more challenging but delicious crops
- \* Produce food all year with practical growing techniques
- \* Store any excess to keep you going through the leaner months
- \* Cook your produce with a selection of satisfying and delicious recipes

Discover the fun and huge sense of satisfaction that comes from cooking something you have produced yourself. Grow and eat for a more ethical, healthy and sustainable world!

“The title of this lovely book really says it all, but what it cannot convey is the sheer joy of learning so much about the beautiful vegan cuisine available to us, and how easy it is to make sensational dishes which will delight everyone eager to eat well and healthily. At once scholarly and entertaining, it is gloriously illustrated and the recipes are easy-peasy to follow. It’s for everyone who wants the world to be a better place for animals, for plants and for us. Delicious in every way.”

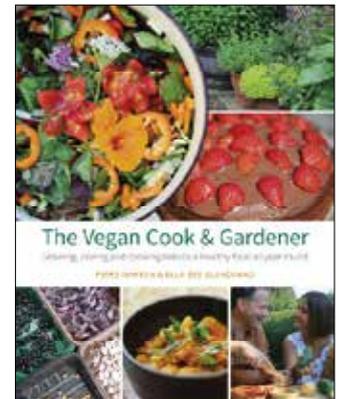
*Joanna Lumley (actress and activist)*

“If you have a small plot, this is for you, if you have a balcony, this is for you, if you have a window box, this is for you, and if all you have is hope, this is for you ... After reading this brilliant book something strange came over me, I just wanted to eat it. It’s that good.”

*Benjamin Zephaniah (poet, writer and musician)*

#### ABOUT THE AUTHORS:

Piers Warren and Ella Bee Glendining are both experienced vegan cooks. Piers is a conservationist, author and keen grower of organic fruit and vegetables. He is the founder and Principal of ‘Wildeck – The International School of Wildlife Film-making’ and has written a dozen books, including the bestseller *How to Store Your Garden Produce*. He has a long interest in self-sufficiency and permaculture and is convinced that growing your own food and following a vegan lifestyle are important contributions to lowering your carbon footprint and living more lightly on the Earth. Ella Bee is a passionate advocate of animal rights, having been vegetarian since the age of five and making the transition to veganism several years ago. She’s spent much time since experimenting with different ingredients and developing delicious new recipes.



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

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