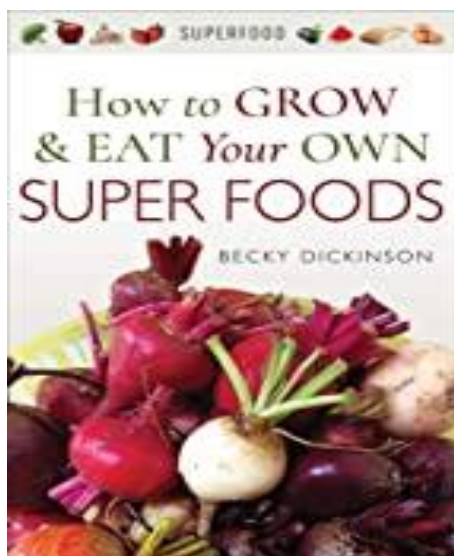


Book of the Week



A step-by-step guide to planting your own fruit and vegetable garden—and growing your own healthy and nutritious superfoods.

Gardening is where science meets art, where nature meets nurture and where food and health unite.

In an age of clean eating and fad diets, the term superfood has become synonymous with inflated prices and overstated claims about the disease-fighting, anti-aging, life-enhancing powers these foods possess. Sales of fruits and vegetables like kale, beetroot, and blueberries have skyrocketed, encouraging us to spend money on products that have travelled miles around the country or even the globe only to sit in a supermarket wrapped in plastic for days.

Becky Dickinson's *How to Grow and Eat Your Own Superfoods* weeds out the hype and unearths the secrets of what makes a food super. Discover a wide array of fruits and vegetables all with their own super qualities, and learn how to sow and plant them yourself, free from chemicals and full of goodness.

In the comprehensive A to Z directory of crops, you'll find nutritional information for all kinds of fruits and vegetables, followed by practical advice for planting and growing, plus mouth-watering recipes for making the most of your harvest.

Experience the delight of following your food's journey from seed to plate, and the gratification of picking and eating your own produce. Indulge your taste buds with tasty, nutritious meals by taking control of what you eat and growing your way to better health.

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07/07/22