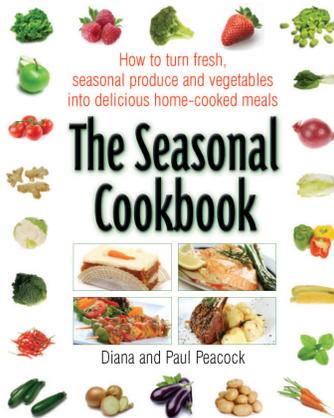


For immediate release

**The Seasonal Cookbook – a month by month guide to cooking with produce that is fresh from the picking**



Discover the delights of eating food that hasn't been flown from half way around the world, and sink your teeth into only what is *ready* for picking; right here, right now.

**The Seasonal Cookbook** by self-sufficiency experts Paul and Diana Peacock is the essential guide to turning your fresh, seasonal produce into delicious home-cooked meals.

Each section is split into months and begins with a short description of how the weather will be affecting your garden and the plants you are growing. The main part of the book sets out a range of healthy and delicious recipes using seasonal fruit and veg. The Peacocks even include a suggested three course dinner menu for each month.

Commenting on their reasons for writing the book, Paul says, "*The value of the flavor of the English strawberry in June is far better than those flown from Kenya to our supermarkets between December and May. And there`s something about waiting for a flavor, an ingredient, or some produce that make it all the sweeter when it finally arrives.*"

Enjoying seasonal food is not only an experience for those who grow their own. As Diana says, "*Everyone is in reasonable distance of a market garden or farm shop ready to sell the freshest of produce as it arrives from the fields. In our opinion, seasonal cooking and seasonal produce should be experienced by everyone.*"

**The Seasonal Cookbook** is published by Spring Hill, an imprint of **How To Books Ltd** [www.howtobooks.co.uk](http://www.howtobooks.co.uk). and is available at \$26.00 in major bookshops and online retailers across the country. ISBN 978-1-905862-37-5

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