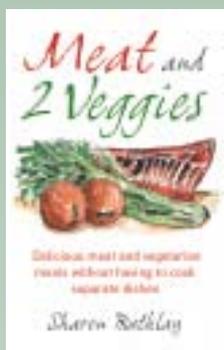


Spring Hill

Grow it,  
cook it,  
live it!



MEAT AND TWO VEGGIES  
SHARON BUTHLAY

This book will make life so much easier for all cooks who have to provide meals for both meat eaters and vegetarians at the same table.

£20 (256pages) 978-1-905862-05-4

## Cookery

NEW

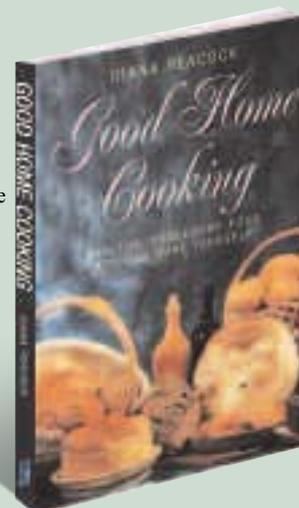
### GOOD HOME COOKING

Healthy, wholesome food you can make yourself

DIANA PEACOCK

Good food shouldn't be a luxury, it's a right. This book shows you how to make simple, inexpensive recipes that ensures you eat well every day of the week. From light snacks to hearty main courses and home baking, it shows you how a cleverly stocked store cupboard means tasty family meals whatever your budget.

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NEW

### FISH PIES AND FRENCH FRIES, VEGETABLES, MEAT

andsomethingsweet...

GILL HOLCOMBE

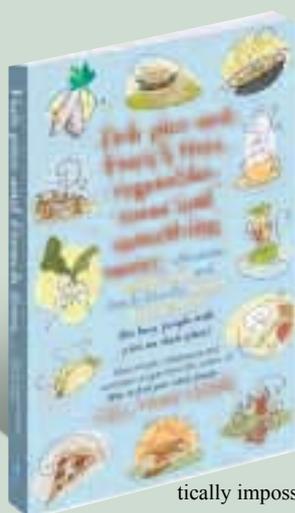
Affordable, everyday food and family-friendly recipes made easy (for busy people with a lot on their plate)

More simple, wholesome and nutritious recipes from the author of How to feed the whole family.

If you're a busy, cash-strapped parent with less money than sense, look no further. Help is at hand... Coming up with ideas for family meals on a daily basis can be tough at the best of times; add shortage of time, lack of inspiration, spiralling food prices and a fussy little eater (or two) to the mix and it can seem practically impossible.

But whatever the statistics say about the state of the nation's health, the good news is there are dozens of wholesome, tasty, tried and tested recipes that you and your children can enjoy without breaking the bank or spending too much of your valuable time shopping and cooking. The Busy Parents' Low Cost Cookbook is stuffed with economical, uncomplicated recipes and tips. We're not just a nation of junk food addicts after all. The proof is right here.

£20 (224pages) 978-1-905862-33-7



### HOW TO FEED YOUR WHOLE FAMILY A HEALTHY, BALANCED DIET, WITH VERY LITTLE MONEY

and hardly anytime, even if you have a tiny kitchen, only three saucepans (one with an ill-fitting lid) and no fancy gadgets - unless you count the garlic crusher...

GILL HOLCOMBE

'Buy this, bye stress with this fantastic cookbook, full of simple and nutritious recipes for family meals - ideal for those with a busy lifestyle.' -Prima

'The author is a total expert at creating delicious food from very meagre shopping lists. Her tips and brilliant, simple recipes have been compiled into this great little book. Everyone can learn from this book - it's brilliant

resource, especially if you are trying to stick to a budget or are still finding your feet in the kitchen.' -easylivingmagazine.co.uk

'It is an EXCELLENT book and I have recommended it to several of my friends.' -FionaW

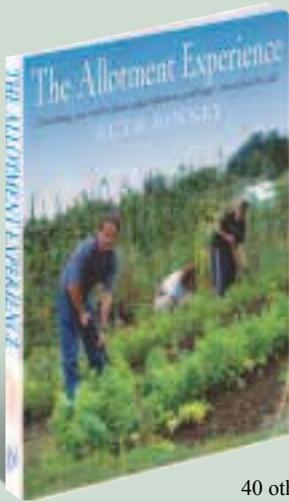
'A brilliant little volume in which the hearty, honest, family friendly recipes are delicious, and she means it about 'very little money' the weekly meal planners at the back of the book include shopping lists with costings (for 2007) and average out at about £30 a week for a family of four (and she only uses organic meat. QED).' -The Sunday Times, Style Magazine. Reviewer India Knight, author of The Thrift Book.

'Reveals the secrets of cooking on a budget.' -Daily Express

£20 (272pages) 978-1-905862-15-3



# Gardening and smallholding



NEW

## THE ALLOTMENT EXPERIENCE

Everything you need to know about allotment gardening— direct from the plot  
RUTH BINNEY

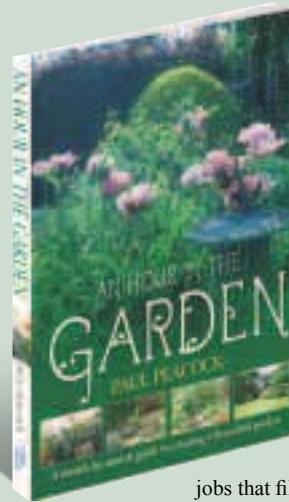
*The Allotment Experience* is the inside story of having an allotment, and of cultivating your garden away from home. It is told with the help of the wise and often witty words of Ruth Binney and more than

40 other allotment gardeners she has interviewed for the book. This is not a book about

‘perfect’ gardening, but a practical guide that is totally true to life. Apart from hundreds of invaluable tips and techniques it also contains stories of failures and disappointments because, as one allotment gardener so rightly says, ‘It’s all trial and error’.

Whether you are a thinking of having an allotment, or have one already, this book will prove an excellent guide to growing vegetables, fruit and herbs as well as favourite allotment flowers. It is also packed with good ideas for cooking and preserving the fruits of your labours.

£22 | 240 pages | 978-1-905862-26-9



NEW

## AN HOUR IN THE GARDEN

A month by month guide to creating a beautiful garden  
PAUL PEACOCK

Beautiful gardens take an hour. Maybe sometimes you can manage an hour a day, other times an hour a week. Whichever it is, An Hour in the Garden provides you with a monthly guide to creating a beautiful garden: the practical

jobs that fill all those gardening hours from

January 1st to December 31st. This book takes you, the gardener, and makes you a part of your garden’s creation. However long you spend in the garden it encourages you to become a part of it, enjoying the tasks: the toil of digging, the excitement of planning and planting, the delight in the colours, everything a beautiful garden brings. With an easy to follow calendar, the various tasks -such as pruning or propagating - are explained at the time of year you need them. *An Hour in the Garden* is crammed with planting and design ideas that will inspire any gardener, new or experienced.

£26 | 256 pages | 978-1-905862-29-0

NEW

## THE URBAN HEN

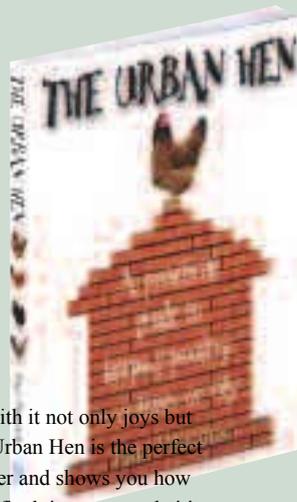
A practical guide to keeping poultry in a town or city

PAUL PEACOCK

Thousands of backyard poultry keepers are springing up all over the country, experiencing afresh the joys of their first hen, their first egg, their first happy chuckle in the morning garden.

Keeping poultry in the city brings with it not only joys but problems and responsibilities. *The Urban Hen* is the perfect companion for the city poultry keeper and shows you how to maintain a happy, healthy garden flock in towns and cities everywhere.

£22 | 192 pages | 978-1-905862-27-6



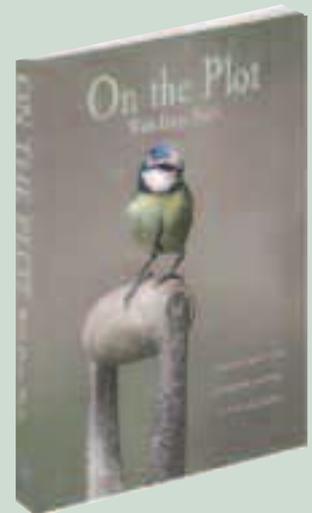
NEW

## ON THE PLOT WITH DIRTY NAILS

A practical guide to fruit & vegetable gardening in words and pictures  
DIRTY NAILS

If you have ever dreamed about growing and cooking your own food, living the good life and getting close to nature then this is the book for you! Gardening and natural history enthusiast Dirty Nails serves up another absorbing helping of practical tips, advice and observations from his vegetable plot and kitchen. In this week-by-week account of the vegetable gardener’s year, you are invited to join Dirty Nails on the plot and get stuck in to the important jobs of the day. The finer points of crop husbandry are beautifully presented using clear and simple step-by-step photographs. With poetic licence in his writing, Dirty Nails takes the reader on a wonderful journey of discovery through the changing seasons. A wealth of easy to follow but unusual recipes will keep the chef in you busy and satisfied too!

£30 | 256 pages | 978-1-905862-32-0

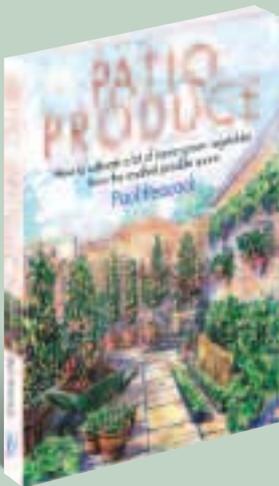


Spring Hill

# Gardening and smallholding

NEW

## PATIO PRODUCE PAUL PEACOCK



When space is at a premium, growing decent food to eat might seem an impossible task. *Patio Produce* is about just that; growing delicious, wholesome fruit and vegetables in the smallest spaces. It shows you how to make the most of pots and planters; how to create decorative but edible displays; how to plan for a reasonable yield; and how never to run out of at least something

special to eat. If you have a balcony on a high rise, a roof garden or a patio, you can immeasurably enhance your quality of life, maintain your health and enjoy some amazing meals from the freshest and richest ingredients. Think quality, freshness, flavour and put these thoughts into your ever greening fingers.

\$22 | 192pages | 978-1-905862-28-3

NEW

## GROW YOUR OWN GROCERIES

LINDA GRAY

Garden Groceries encourages the reader out of the supermarket to look closer to home to nurture the family. It avoids the intensity of 'new-age' or self-sufficiency and gives clear concise instructions on how to produce the right foods and how to enjoy them.

Included are: nutritional information for good health, recipes, and plenty of good advice on how to store your produce. With a bonus chapter full of gardening advice, this book will leave no-one in any doubt about how they can successfully keep their family healthy and fit while having fun along the way. Linda Gray has many years gardening and housekeeping experience. After reclaiming an acre of forgotten land, her priority was to feed her family from the land. They produced organic food, kept hens and the kids had a great time! Linda runs a gardening website and has written a number of books and articles focusing on health, good food and gardening.



\$20 | 192pages | 978-1-905862-31-3

## A VEGETABLE GARDENER'S YEAR DIRTY NAILS



*'Much more than a vegetable gardeners book, it is a grow your own manual for nature lovers, food enthusiasts and anyone who loves to work with the elements.'* —www.ecohomeandgarden.co.uk

*'Brimming with an infectious passion for the outdoors life 'Dirty Nails' awakens the reader to the year - long joys of nature and the possibilities of self-sufficiency, whether they live in the country or the urban jungle.'*

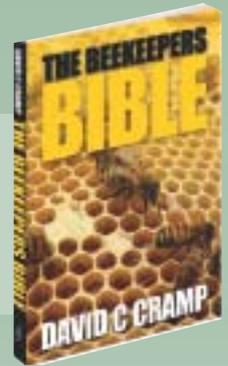
—www.funkyfogey.com

\$26 | 256pages | 978-1-905862-22-1

## A PRACTICAL MANUAL OF BEEKEEPING

DAVID C CRAMP

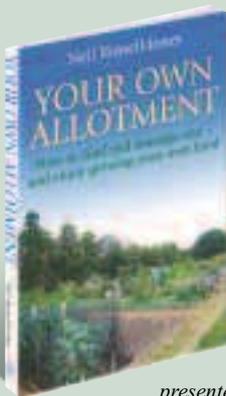
This books explains beekeeping on a global scale and puts the whole industry into its global perspective. Beekeeping is a modern, global, environmental friendly hobby that is becoming essential. Based upon good beekeeping practice and scientific research, not myths, this book will make the science of beekeeping clear and easy to understand. It will not only teach people how to keep bees, but also how to make the best of their beekeeping knowledge by introducing them to all of the endless possibilities available to beekeepers in terms of product, travel and careers. With this book you'll learn how to be a beekeeper, not just how to keep bees.



\$30 | 256pages | 978-1-905862-23-8



# Gardening and smallholding



## YOUR OWN ALLOTMENT NEIL RUSSELL-JONES

*'The advice given clearly comes from personal experience. The level of detail is impressive, the author even describes how to set a totally new set of allotments. For both the new and established allotment holder, I would advise keeping a copy of this book in the allotment shed, its a gem. Clear, concise and accurate information*

*presented in easily readable format. Covers all the subject an allotment holder needs and represents very good value for money. We thoroughly recommend it.* -Gardenaction.co.uk

*'A veritable bible of information, accessible to both novice would-be allotment gardener and to those looking to maintain more established-plots. Buy it, and you may never need to buy another book on growing your own food.*

FourShires \$26 | 272 pages | 978-1-905862-19-1

## PLANNING AND CREATING

### YOUR FIRST GARDEN PAUL POWER

*'An invaluable step-by-step guide to designing your garden. It's a good read even if you have some experience!*

-House & Home Ideas



## HOW TO GROW YOUR OWN FOOD DIRTY NAILS



-FosseWayMagazine

*'It is easy to imagine this book being consulted in garden sheds and allotment huts the length of the land, well thumbed in pursuit of another nugget of wisdom or vital piece of guidance from DirtyNails. The sort of book any gardener would enjoy reading from cover to cover on a rainy afternoon.'*

*'Packed with handy hints on wildlife-friendly fruit and vegetable gardening.'* -AmateurGardening

*'Thanks to his simple, down-to-earth style and chatty text, Dirty Nails is well worth a read. A delightful walk through the veg garden year, this book will be invaluable to anyone who's still finding their feet amid the excitement of growing their own food.'* -GardenNews

*'A book, that down-to-earth gardeners will love. Anyone will learn a lot from his honest-to-goodness book.'* -OrganicGardening

*'For any wannabe fruit and veg grower.'* -KitchenGarden

*'This book is an absolute 'must-have' for anyone serious about growing their own produce. Refreshing, easy to read in one sitting or to dip in and out of as a reference work, this book really does tick all the boxes. Plain commonsense, humour and an amazing eye for detail.'* -GrowIt!

*'The detailed week by week commentary make it seem like the author "DirtyNails" is standing right beside you giving you interesting and practical tips and advice throughout the year. It is an excellent inspiring book for both beginners and experienced gardeners alike.'*

-www.organic-gardening-tips.co.uk

*'Provides the best guide to vegetable gardening that is published in any newspaper.'* -A reader.

\$22 | 208 pages | 978-1-905862-11-5



*Grow it, cook it, live it!*