



VEGAN RUSTIC COOKING

Through The Seasons

by Diana White

This mouth-watering book contains over 160 delicious recipes that will help you live and eat healthily through the seasons.

The recipes are organised in sections: Soups; Fillings for sandwiches, toast and baked potatoes; Sauces; Main meals; Baked goods. There are even naughty fry-ups (all the fun without the health hazards!), omelettes, quiches, pizza and puddings galore! Each section is then arranged according to seasonal availability of the ingredients, starting with spring and working through to winter.

Vegan Rustic Cooking is packed with fibre-rich, low glycaemic index, star whole foods that encourage friendly gut bacteria and give more food for less calories. The useful index is arranged alphabetically not just by the recipe, but also by ingredients. This means you can select the available veggies from your garden or veggie box, look them up in the index and choose an appropriate recipe that uses what you have available! This will enable you to cook tasty food from the freshest, healthiest ingredients you can find, all year round.

Vegan Rustic Cooking is a fantastic resource for anyone wanting to make maximum use of seasonal produce.

What the experts are saying about Vegan Rustic Cooking

We highly recommend the new edition of this popular classic, with its wide variety of easy-to-make, mouth watering dishes which use seasonal produce. It proves that vegan food can be delicious and appetising, as well as highly nutritious. Animal Aid (www.animalaid.org.uk)

“This attractively laid out and easy-to-read cookery book does what it says on the tin. A short preface argues the vegan case from an ecological point of view, and it is chock full of down to earth and unfussy recipes. The majority of the ingredients used could easily be home grown or else obtained via your local veggie-box scheme. Anybody that still subscribes to the old stereotype of the thin, pasty and under-nourished ‘typical vegan’ subsisting on a diet of garlic muesli should do themselves a favour and pick up a copy.” Graham Burnett, permaculture teacher and author

The Author

Diana was a vegetarian for 23 years and has been a vegan for the last 12. She and her husband, Peter, grow their own fruit and vegetables vegan-organically. She is a trustee of the charity Vegan Organic Network.

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