

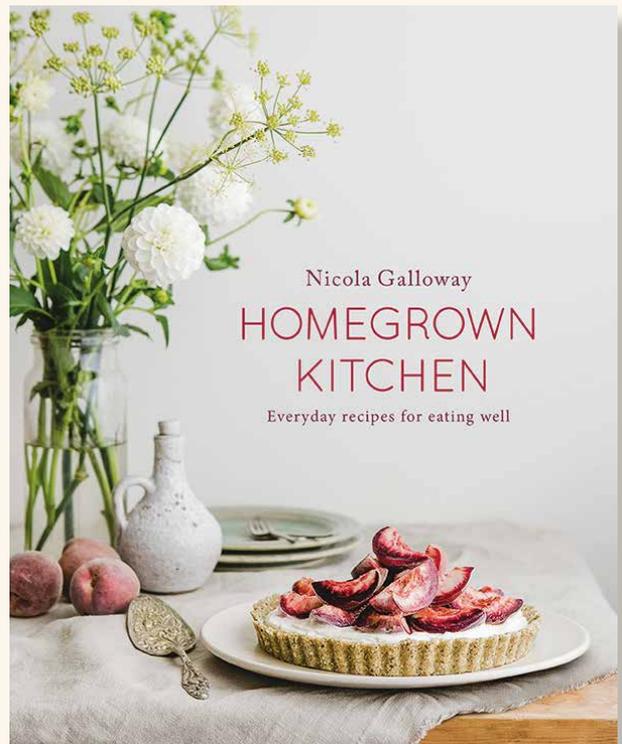
## EVERYDAY RECIPES FOR EATING WELL

The enjoyment of good food is at the heart of Nicola Galloway's interest in cooking. A trained chef and wholefood nutrition expert, she is best-known for her popular and award-winning food blog *Homegrown Kitchen*, but also for her sell-out cooking workshops that she runs around New Zealand.

In this book she has drawn together years of experience to create a cookbook packed full of information and recipes that will ensure you and your family eat well, everyday.

Using nutrient-rich ingredients as much as possible, the inspiration for many of her recipes comes both from her garden, and local seasonal produce. But in this book she also invites you into her kitchen to explain the essential skills and ingredients you need to cook healthy and wholesome food, as well as the techniques behind successful home preserving, fermentation and sourdough bread-making.

*Homegrown Kitchen* is a rich and comprehensive cookbook, a valuable resource for making the most of one of life's essential pleasures, eating well.



### AUTHOR INFORMATION

**NICOLA GALLOWAY** writes and photographs the popular, award-winning food blog *Homegrown Kitchen*, and is the author of three cookbooks including *Feeding Little Tummies*. She regularly contributes recipes to magazines, including a monthly column for *MiNDFOOD* and *Wild Tomato*.

A trained chef and nutrition consultant, Nicola is passionate about sharing her knowledge and enthusiasm for eating well, and has been presenting cooking workshops around New Zealand for 14 years.

Nicola lives in Nelson with her husband and two children, on an urban quarter-acre section with heritage fruit trees, large veggie gardens and six happy chooks.



**\$49.99**

254 x 205 mm, 316 pp, hardback,  
colour illustrations throughout

ISBN: 978 0 947503 29 1

Stock No: 6227

Published: 10 April 2017

**For more information contact**

Raewyn Davies, freelance book publicist

PHONE 027 425 7768

EMAIL [raewyn@247PR.co.nz](mailto:raewyn@247PR.co.nz)

**pb** potton & burton

PHONE +64 3 548 9009 EMAIL [info@pottonandburton.co.nz](mailto:info@pottonandburton.co.nz) WEB [www.pottonandburton.co.nz](http://www.pottonandburton.co.nz)