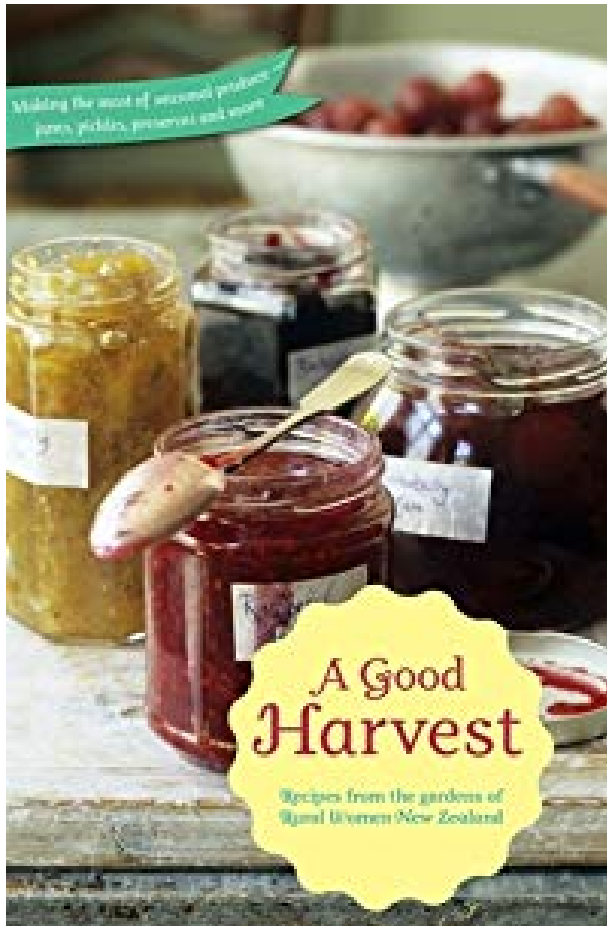


A Good Harvest



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[A Good Harvest.pdf](#)

[A Good Harvest.epub](#)

New Zealanders love fresh fruit and vegetables, whether it's growing a few herbs, buying produce from farmers' markets and roadside stalls, or tending a vege garden or orchard. But how can we make the most of this seasonal bounty? For *A Good Harvest*, Rural Women New Zealand members have gathered over 300 tried-and-true recipes for seasonal produce, as well as handy tips for preserving food. These are never-fail recipes that really work, often passed down through the generations or jotted in hand-written notebooks. There are also helpful growing tips for each vegetable or fruit, to ensure a bumper crop. From delicious jams, preserves, chutneys and pickles to cakes, sauces and more, *A Good Harvest* is the perfect recipe collection for the cooks and gardeners of today - people who like to know what's in the food they eat and where it has come from.