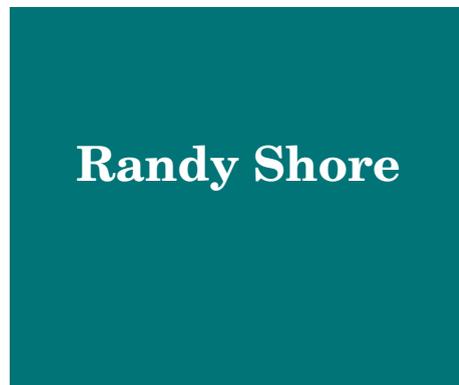


# **Grow What You Eat, Eat What You Grow**



*The Green Man's Guide to Living & Eating  
Sustainably All Year Round*



**Randy Shore**



spring

## Introduction:

### *How to Grow What You Eat And Eat What You Grow*

A few years ago, I wanted to create a place where food mattered, where the earth mattered, and where I could start to feel good again after years of grinding commutes, rushed meals, and thoughtless consumption. I moved my somewhat reluctant wife Darcy and two sons out of the city to an acre in a neighborhood of acreages. My move was dramatic, but yours doesn't have to be. You can take small but still important steps toward a more fulfilled, flavorful life without selling your house or leaving the city.

When I set myself the task of growing my own food a million things ran through my mind. Could I go off the grid and thumb my nose at the grocery store and Big Food? Would I save money? Lose weight? Or would I grow lettuce for forty dollars a head?

I embarked on a quest to eat something that I grew myself every day for one year. Eating home-grown food twelve months of the year requires diligence and skill—skill I did not, at first, possess. I had no idea what I was getting into and soon found myself as transformed as the raw land from which I carved my garden. My father grew up on a farm, and so did his father, but none of that generational knowledge was passed down to me. So when my



summer



autumn



winter



first radishes sprouted and died, I had no idea why. For every happy success came a confusing failure. Every vegetable has its own preferences for soil, water, sunlight, and nutrients. Every yard is a completely unique set of microclimates and soil conditions. I am still learning the intricacies of my property and, over time, you will become the world's leading expert at growing food in your own yard.

I started seedlings in my office and grew alfalfa and mung bean sprouts in the kitchen. I learned about soil and composting, the basics of which can be mastered with a little trial and error (more on that later). I searched the yard for spaces to exploit in winter, early spring, and late fall, in an effort to produce fresh food outside the normal growing season. For every soggy or sandy, hard-to-manage bit of ground in your yard there are sunny nooks, warm south-facing walls, and protected patio spaces that can produce food in a pot of soil, sometimes year-round. We began curing, canning, and freezing. Old family recipes were dusted off, many of them scrawled on index cards with scant instructions. Cookbooks written over the past four decades assume that you have access to every

imaginable ingredient in the world—which you do, at the grocery store. But most modern cookbooks pay little attention to the kinds of fruits and vegetables that people can and do grow themselves or find at the local farmer's market.

This book condenses five years of experimentation into 130+ recipes and includes seasonal tips for growing your own food. The recipes are designed to use the produce that you can easily grow yourself in simple, delicious, and sustainable ways. The gardening instructions are intended to help you make use of every bit of ground and every favorable microclimate in your yard and home to produce food. Traditional farmhouse recipes—canning, pickling, and preserving—are dusted off and modernized for the twenty-first century cook.

Let's take it season by season, prepare the soil, reap the bounty, and prepare tasty, nourishing food. You can grow what you eat and eat what you grow. You can slow down, unplug and feel better.

*Randy Shore*



## Spicy Broccoli Rabe with Pasta

*Some vegetables are meant for grownup taste buds, and broccoli rabe may be top of the list. Similar to rapini, this slightly bitter Italian cousin of broccoli hates growing in the heat, preferring the cool soils of spring and autumn. This dish stands up as a meal on its own or as a side that incorporates starch and a green vegetable in one. You can also substitute broccoli or gai lan, whichever is looking good in the garden that day.*

MAKES 4–6 SERVINGS

2 tbsp kosher salt, for pasta water

⅓ cup (60 mL) walnut halves

1 tbsp olive oil

4 oz (115 grams) bacon, cut into lardons

1 medium onion, halved and thinly sliced

1 garlic clove, minced

1 tsp crushed fennel seeds

1 dried red chili, crumbled

1 lb (500 g) broccoli rabe

1 lb (500 g) bow-tie pasta

½ cup (125 mL) grated Parmesan cheese

In a large pot on high heat, bring 6 qt/L water and salt to a boil.

In a sauté pan on medium heat, toast walnuts for about 2 minutes, stirring frequently to prevent burning. Remove walnuts from pan, crumble with your fingers, and set aside. In same pan, warm olive oil, add bacon lardons, and fry until crispy. Add onions, garlic, fennel seeds, and chili. Sauté

for about 5 minutes, until onions are lightly browned. Cut broccoli rabe into 2-in (5-cm) pieces to separate thick stems from slender tops and leaves. Add stems to pan and cook for 2 minutes, then add leaves. Reduce heat to low.

Put pasta in boiling water and cook al dente, according to package directions. Drain pasta, reserving 1 cup (250 mL) pasta water. Add pasta

and cheese to vegetable mixture and toss to combine. Add reserved water, 1 tbsp at a time, and toss gently to combine and form a creamy sauce. Top with walnuts.



# Strawberry Rhubarb Pie

*Pie is the ideal way to celebrate the first fruit of the season.  
Let's face it—pie is good anytime.*

MAKES 8 SERVINGS

## PASTRY:

3 cups (750 mL) flour

½ tsp brown sugar

1 tsp kosher salt

1 cup (250 mL) frozen butter

⅔ cup (160 mL) cold water

## FILLING:

1 ½ cups (375 mL) sugar

⅓ cup (80 mL) cornstarch

1 tsp ground cinnamon

3 cups (750 mL) diced rhubarb

2 ½ cups (625 mL) diced

strawberries

1 tbsp grated fresh ginger

## GLAZE:

1 large egg, beaten

1 tbsp white sugar

In a large mixing bowl, combine flour, sugar, and salt. Grate butter over flour and toss to combine. Add ¼ cup (60 mL) cold water and stir in with a fork. Add remainder of water 1 tbsp at a time until dough forms. Divide dough in half and wrap in cling film. Refrigerate for at least 1 hour.

Preheat oven to 425°F (220°C). Sprinkle flour on flat working surface and roll out 1 piece of dough large enough to cover pie plate with an extra ¼ in (6 mm) border.

Place rolled dough in pie plate and adjust to fit. Flour working surface again and roll second piece of dough to same size as first. Cut into 10 ¾-in (2-cm) wide strips.

In a bowl, combine sugar, cornstarch, and cinnamon. In a large mixing bowl, combine rhubarb, strawberries, and ginger. Add dry ingredients and toss to coat. Immediately fill pie plate with fruit mixture. Build a lattice top with dough strips and brush with beaten egg. Sprinkle with

sugar. Bake for 45 minutes, or until filling bubbles and crust is golden brown. Cool for 1 hour.

*If you use frozen rhubarb to make a pie or crisp, first completely thaw it, then squeeze out excess moisture or your dessert will turn out runny.*

# **GROW WHAT YOU EAT, EAT WHAT YOU GROW**

Randy Shore

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Randy Shore's father and grandfather grew up on farms, yet he didn't even know how to grow a radish. Author of "The Green Man" column in the *Vancouver Sun*, he spent five years teaching himself how to grow food for his family, and then how to use the resulting bounty to create imaginative and nourishing meals the year round. In *Grow What You Eat*, Randy reveals the secrets to creating and maintaining a thriving vegetable garden, from how to make your own fertilizer to precise instructions on how best to grow specific produce; he also offers advice for those with balcony or container gardens and others who live in small urban spaces. He then shows how to showcase your bounty with delicious, nutrient-packed recipes (both vegetarian and not), including instructions on canning, pickling, and curing, proving how easy and fulfilling it is to be a self-reliant expert in your garden and your kitchen.

*Grow What You Eat* is primarily a cookbook, but it is also a gardening book, personal journal, and passionate treatise on the art of eating and living sustainably. In his quest for self-sufficiency, improved health, and a better environment, Randy Shore resurrects an old-school way of cooking that is natural, nutritious, and delicious.



**RANDY SHORE** is a food and sustainability writer for the *Vancouver Sun*; he is also a former restaurant cook and an avid gardener. Randy and his wife Darcy grow as much of their own food as possible on an acre in Roberts Creek on BC's Sunshine Coast, creating new recipes and custom-

izing familiar ones based on what the seasons bring.  
[vancouver.sun.com/greenman](http://vancouver.sun.com/greenman)