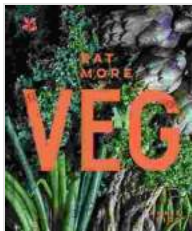


# Eat More Veg: The National Trust's Guide to Growing, Cooking, and Enjoying Vegetables

**By the National Trust**

Are you looking for ways to eat more healthily and sustainably? If so, then Eat More Veg is the book for you. This comprehensive guide from the National Trust covers everything you need to know about growing, cooking, and enjoying vegetables.



**Eat More Veg (National Trust)** by Annie Rigg

★★★★☆ 4.4 out of 5

Language : English  
File size : 47734 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 260 pages



With over 100 recipes and 200 beautiful photographs, Eat More Veg is a must-have for anyone who wants to learn more about:

- The benefits of eating more vegetables
- How to grow your own vegetables
- How to cook vegetables in delicious and healthy ways
- How to store vegetables so that they stay fresh longer

Whether you're a beginner gardener or a seasoned pro, Eat More Veg has something for everyone. This book is full of practical advice and tips that will help you to grow, cook, and enjoy vegetables in all their glory.

## **Free Download your copy of Eat More Veg today!**

Eat More Veg is available from all good bookstores and online retailers. You can also Free Download your copy directly from the National Trust by clicking on the button below.

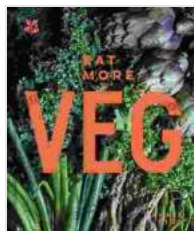
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### [Praise for Eat More Veg](#)

["Eat More Veg is the perfect book for anyone who wants to eat more healthily and sustainably. It's full of practical advice and tips, and the recipes are absolutely delicious." - Hugh Fearnley-Whittingstall](#)

["Eat More Veg is a must-have for any kitchen. This book is full of inspiring recipes and beautiful photography, and it will help you to cook vegetables in delicious and healthy ways." - Jamie Oliver](#)

["Eat More Veg is a celebration of vegetables. This book is full of beautiful photographs and delicious recipes, and it will inspire you to eat more vegetables every day." - Yotam Ottolenghi](#)

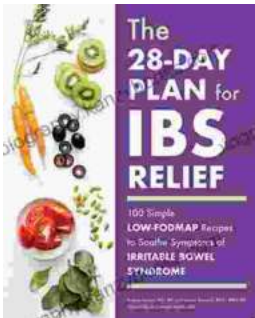


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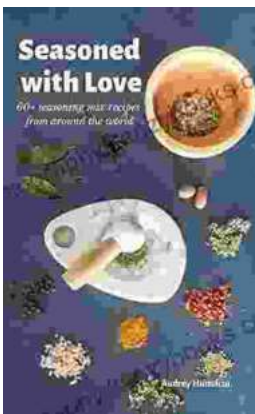
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