

## Katherine Cole's cover design brief

### Front cover

**Title:** Grow, Eat, Save.

**Author/s:** Katherine Cole

**Other front cover copy (if applicable):** Free seed packets included

**Key visual elements:** fresh vegetables - growing or picked, vegetarian dishes, jars of preserves, pot plant with vegetables, gardening tools (ie. watering can, garden fork), kitchen utensils, happy family/kids.

### Back cover

#### **Blurb:**

*Grow, Cook, Save* is a practical and easy to follow guide on how start your own kitchen garden no matter how limited your space or your experience.

Whether you only have a window sill, a bit of balcony or a little patch of backyard all the ways you can grow food is covered along with the tips and tricks to ensure the best results.

Written specifically for the Australian climate and season *Grow, Cook, Save* will have you reaping the reward of growing your own food in no time. Its also includes the must-have recipes you will use again and again to make the most of your delicious home-grown produce.

#### **Author bio/s:**

Katherine's professional career as a chef included running her own cafe for 15 years. With her rural background and experience of how to grow and use home-grown produce, Katherine's passion is to now share her knowledge with those who are seeking easy and achievable ways to grow their own food and cook with it. Looking to spread her foodie wings beyond professional cooking Katherine is completing a Bachelor of Arts degree in Professional Writing and Publishing through Curtin University.

### Production considerations

**Trim size:** 20cm x 24cm

**Format/s:** Paperback

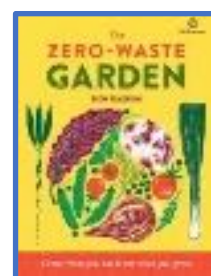
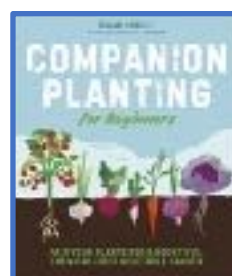
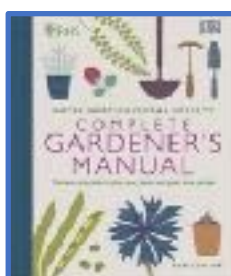
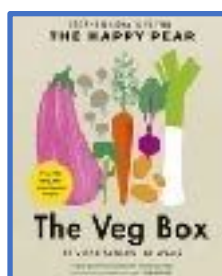
**Printing (for the interior):** Modern offset printing

**Paper (for the interior):** White average glossy

**Binding:** Burst binding

### Types of covers to consider (with examples)

#### **Simple illustrated Covers**

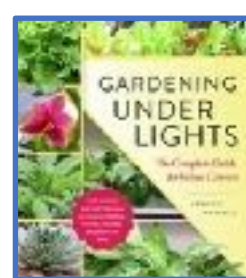
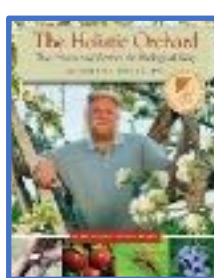
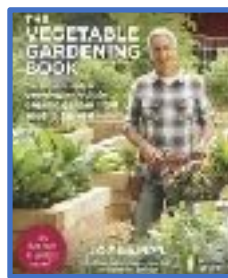
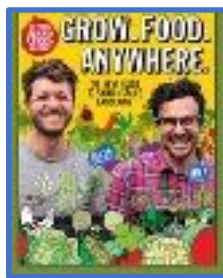


## Photographic Covers - single close up image

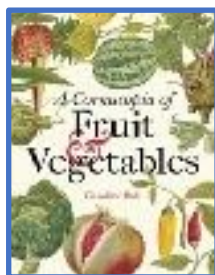


## Types of covers to avoid (with examples)

### Covers with authors/photo collages



### Covers with busy/old fashioned illustrations



# TOMATOES

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*If you only have room for one vegetable to grow in summer make it a tomato plant. They are reliable and have a long harvest from the beginning of summer into the autumn months. There are a multiple of varieties of tomatoes which I won't go into here. The details on their growing size and habit are generally provided on the seed packet or seedling – just keep in mind some types may need a support to climb on.*

## Containers

The biggest pot you can manage is going to be best for tomatoes. The more room they have the more fruit they will feel inclined to put out. If you can only manage one on a window sill then just bear in mind that it will need a bit more attention in regards to water especially on hot days.



### **\* Tomato tip \***

**Bananas are full of potassium so if you have a couple of skins lying around pop them in the potting soil at planting for an added boost.**

## Soil

As for most vegetables tomatoes also love rich and free draining soil with an organic mulch to keep the moisture in. Just make sure the mulch doesn't bank up against the stem – it needs a little room to breathe otherwise it could rot. Tomatoes also need potassium to help with fruiting so you can either sprinkle a little Sulphate of Potash when you plant or feed with a water soluble formula – both types are available in any gardening outlet.

## Position

Being a summer vegetable tomatoes love sunshine but will need to be kept moist, especially in smaller pots. The best advice I ever received was that they need to be watered consistently (not constantly) for them to set the maximum amount of fruit, so aim for evenly spaced drinks. Ensure that they either get plenty of morning and midday sun or dappled shade in the heat of the afternoon – they will need at least eight hours each day.



### **\* Tomato tip \***

Nurseries are now stocking more and more varieties of tomatoes and often as single plants, so be adventurous and try something you will never see on a supermarket shelf. Supermarket tomatoes are bred for looks and durability - often at the expense of flavour.

**GROW. COOK. SAVE.**

## **RECIPES FOR NOW**

### **Gazpacho**

(makes 2 litres)

*This deliciously refreshing chilled soup only works with the freshest, ripest tomatoes straight from the vine. Once a 70's dinner party staple it has languished unfairly on the sidelines of summer dining for too long in my opinion. Serve it with a modern update by filling little chilled glasses, garnished prettily, as part of a grazing platter and wait for the compliments to roll in.*

1kg ripe tomatoes  
1 green capsicum  
1 lebanese cucumbers  
2 spring onions  
1 clove garlic, chopped  
1 cup soft white breadcrumbs  
2 tablespoon red wine vinegar  
60ml extra virgin olive oil  
 $\frac{1}{4}$  teaspoon cayenne pepper



Place roughly diced tomatoes, capsicum, cucumber, spring onion and garlic in a food processor and puree until smooth.

Add the breadcrumbs, red wine vinegar and olive oil and cayenne pepper and blitz again quickly. If it seems too thick add some tablespoons of iced water until it has a soup-like consistency,

Pour into a pouring jug and refrigerate overnight to set the flavours

### **\* Tomato tip \***

**There is really no better way to enjoy your tomato bounty than straight from the vine into a simple salad - perfect for the barbecues that come with tomato season.**

**There is no need to follow a particular recipe but tomatoes especially love the companionship of finely diced red onions, cucumbers, feta, olives and fresh basil or mint.**

### Tomato and parmesan tart

(serves 8)

*This recipe is originally from the fabulous Australian chef Belinda Jefferies and I've never come across any other version of it – so it's a bit of a secret weapon. Being a type of scone base this is best eaten at room temperature on the day you make it, otherwise give it 20 seconds in the microwave the following day to bring it back to its best self.*

1kg tomatoes, sliced  
(or cut in half if using cherry tomatoes)  
1½ (225g) cups self raising flour  
1 teaspoon dry mustard powder  
150g grated fresh parmesan  
125g cold butter, cut into chunks  
2 eggs  
⅓ cup (80ml) milk  
1 teaspoon tabasco sauce



Preheat oven to 180c. Butter a shallow 26cm round ovenproof dish and line the base with baking paper. Layer the tomatoes over the base until the bottom is completely covered. This will become the top of the tart so if you want to make an extra effort with neatness you will be rewarded.

Combine the flour and mustard in the bowl of food processor and blitz for 20 seconds. Add the cheese and blitz again to just combine. Add the chunks of cold butter and process until the mixture looks like coarse breadcrumbs. Tip into a large bowl.

In another bowl, whisk together the eggs, milk and tabasco sauce. Add to the flour mixture and stir to a stiff batter.

Drop spoonfuls of the batter over the tomatoes and spread out as evenly as possible. Bake for 30–40 minutes or until the batter has risen and is golden brown.

Remove the tart from the oven and let sit for 10 minutes before inverting it onto a round platter. Garnish with fresh basil leaves to serve.

**GROW. COOK. SAVE.**

## **RECIPES FOR LATER**

*We can get a bit confused in Australia with our tendency to refer to two different types of tomato purees as “tomato sauce”. The first of these recipes is for a passata-style sauce perfect for pasta dishes. The second recipe is often referred to as ketchup and has the flavour profile of those in the supermarket – but oh so much better!*

### **Tomato sauce (for pasta)**

(makes 1.5 litres)

*This can be eaten straight away but it’s also great to have some packs in the freezer for those last minute meals. It’s also fabulous for homemade pizzas.*

1kg tomatoes, roughly chopped  
1 tablespoon extra virgin olive oil  
1 brown onion, diced  
4 garlic cloves, finely chopped  
1 teaspoon dried herbs  
1 teaspoon brown sugar  
1 teaspoon balsamic vinegar  
Salt and pepper to season



Heat a heavy based saucepan on a medium heat, add the olive oil and the onion. Once the onion has started to soften and become translucent add the garlic. Stir gently for a minute, making sure the garlic doesn’t brown, and then add the tomatoes and the herbs.

Turn the heat down to low and simmer gently for 20 minutes or until the tomatoes have broken down. Add the sugar and vinegar and season with salt and pepper. Once the sauce has cooled use a potato masher or stick blender to puree the sauce – or skip this if you like it chunky.

## Tomato sauce (aka ketchup)

makes 2 litres

*There is nothing wrong with tucking into this straight away (once it's cooled) but you will really notice the improvement in flavour if you can hang on for a least a fortnight. The sealed bottles will be fine stored for a year in the pantry, but once opened keep in the fridge and eat within a month.*

2kg tomatoes, roughly chopped  
1 tablespoon salt  
500g apples, cored and diced  
500g onions, diced  
400ml malt vinegar  
1 teaspoon cayenne pepper  
1 teaspoon ground allspice  
1 teaspoon ground black pepper  
1 teaspoon chilli flakes  
1 bay leaf



Stir the salt through the tomatoes and leave in a bowl for 3 hours.

Drain the tomatoes and place with all the other ingredients into a large, heavy-based saucepan and bring to the boil. Simmer and stir steadily for 1 hour until the mixture has thickened and reduced by about a third.

Leave to cool and then blitz either in a food processor or with a stick blender to a smooth consistency. Return to the saucepan and return to a simmer for twenty minutes stirring until it is as thick as you want it.

Using a funnel ladle into dry, sterilised bottles. Tap the bottoms of the bottles on the bench gently to remove any air bubbles and seal.

### **\* Tomato tip \***

**Towards the end of the summer days you may find that your tomatoes aren't ripening as quickly as they had. Don't despair because this is your perfect opportunity to make that iconic American preserve - green tomato pickle.**