



The Book of Kale and Friends: 14 Easy-to-Grow Superfoods with 130+ Recipes

Sharon Hanna, Carol Pope

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Following the success of her bestseller *The Book of Kale*, Sharon Hanna is back, teaming up with gardening editor Carol Pope for *The Book of Kale and Friends*. There are good reasons why the Kale Revolution is growing — this humble leafy green is one of the healthiest vegetables on earth, it thrives in winter and sweetens in the cold, it self-seeds, its flowers sustain bees, and it's so easy to grow that anyone who tries will feel like a master gardener with almost no effort. In addition to more tips on kale cultivation, Sharon and Carol invite readers to branch out with 13 other superfood crops that are equally easy to grow, as well as nutritious and versatile in the kitchen, including arugula, basil, chives, cilantro, herb fennel, garlic, lovage, mint, oregano, parsley, rosemary, sage, and thyme. With abundant vegetarian, vegan, and gluten-free recipes, *The Book of Kale and Friends* has something to please every palate. Even the family pooch is invited to enjoy the healthy harvest with Kale Doggy Biscotti!

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