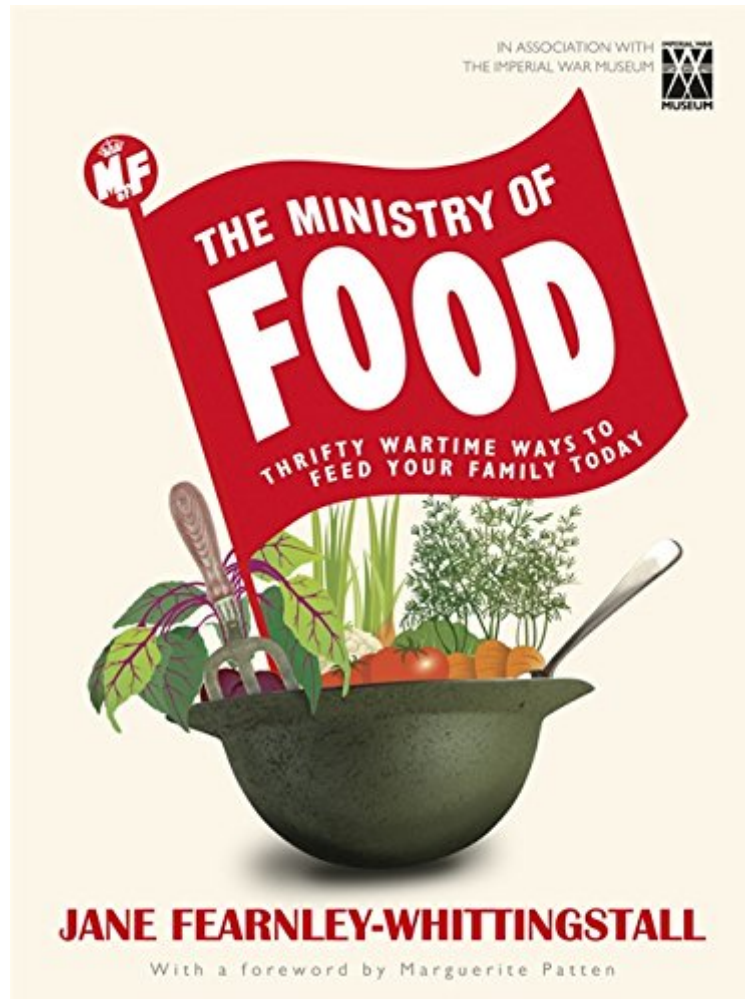


(Ebook free) The Ministry of Food: Thrifty Wartime Ways to Feed Your Family Today

# The Ministry of Food: Thrifty Wartime Ways to Feed Your Family Today

Jane Fearnley-Whittingstall

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#267076 in Books 2010-02-04Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.25 x .91 x 6.97l, #File Name: 1444700359224 pages | File size: 41.Mb

**Jane Fearnley-Whittingstall : The Ministry of Food: Thrifty Wartime Ways to Feed Your Family Today** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ministry of Food: Thrifty Wartime Ways to Feed Your Family Today:

8 of 8 people found the following review helpful. Eating in England in WWIIBy JfromSeattleI really enjoyed reading this book. It is quite amazing to me how the English government was able to organize and feed so many people with so little during WWII. This book does a really good job telling the stories of how this was accomplished and how the same ideas could be used today.

When war broke out in 1939, the government created the Ministry of Food to help families make the most of wartime rations. Today, in the face of rising food prices, a real obesity problem and ever increasing food miles, The Ministry of Food shows how we can all survive the credit crunch with a bit of wartime wisdom and ingenuity. Written by bestselling author Jane Fearnley-Whittingstall to accompany a major new exhibition at the Imperial War Museum, The Ministry of Food tells the fascinating story of how people coped with wartime food shortages and, in the process, became healthier than ever before. With step-by-step illustrations showing how to grow your own vegetables, tips on collecting food for free, baking, preserving and lots of thrifty family recipes, this practical handbook is packed with invaluable lessons from more frugal times. Includes hands-on practical advice on growing your own veg and 60 delicious recipes updated for the modern kitchen

About the Author Jane Fearnley-Whittingstall is an award-winning garden designer and author of the bestselling Gardening Made Easy, as well as The Good Granny Guide and The Good Granny Cookbook. Born as the Second World War broke out, Jane experienced rationing first hand and remembers eating delicious food conjured from limited ingredients together with what could be grown in the garden or gathered in field and hedgerow. Jane lives in Gloucestershire.